

# RIVER TOWN DAYS 5K RUN

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### Free kids 1 mile fun run

Saturday, May 8 – 8:00am, Bainbridge, GA

Come join in the River Town Days Celebration on the banks of the beautiful Flint River!

Festival activities include Kiddie Rides, River Rummage Yard Sale, the infamous Duck Race, and much more! Plan to spend the day with us!

Flat and fast course on the natural trail at the Boat Basin.

Registration: 7:00am EST at Earle Mae Boat Basin  
Pre-registration by 5/1/2010 \$15 (Guaranteed t-shirt)  
Race day registration \$15

Awards to overall male/female and standard age group winners: (0-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+)

Mail Entries to:

Bainbridge-Decatur County Chamber of Commerce  
River Town Days 5K Run  
P.O. Box 755  
Bainbridge, GA 39818  
229-246-4774

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Please Print Legibly: \_\_\_\_\_ 5k

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Sex \_\_\_\_\_ Shirt Size \_\_\_\_\_ Age: \_\_\_\_\_ (on race day)

**Waiver:** I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. In particular I acknowledge the danger of hot weather running, traffic and road and trail conditions. I acknowledge that I am medically able to perform this event, am in good health and properly trained. I assume all risks and liabilities involved in running this event and release Bainbridge-Decatur County Chamber of Commerce and affiliates, Decatur County, City of Bainbridge, the race director, volunteers, sponsors and anyone involved in this event from any liability as a result of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of those named in this waiver. I have read and understand the above release and enter the River Town Days 5K Run/Walk at my own risk.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent or Guardian must sign if under 18