

Rose City Run

Saturday, April 24, 2010

10,000 METER RACE

- T-shirts and specially designed tote bags awarded to those who finish the course.
- 12 age divisions for males and females
- Silver trophies for first three males and first three females in each age division.
- Race day late registration 6:30-7:30 a.m. Race starts at 8:00 a.m.
- Entry fee is \$15.00 postmarked by April 10, 2010. \$17.00 late entry fee. No refund.
- Splits will be called every mile.
- Fluids available before, during and after the race.
- All courses TAC certified.
- Run & See Georgia Grand Prix Event.
- Picnic for 10K runners.

1-MILE RUN

- One-mile run is for males and females 12 and under. Cost is \$8 and entries must be postmarked by April 10, 2010.
- No race-day registration. No refund.
- Trophies will be awarded to the first three males and three females in each three age divisions.
- Age divisions 6 & under, 7-9 and 10-12.
- Race starts at 9:30 a.m.
- T-shirts and specially designed medals awarded to participants who complete the course.

ROSE CITY RUN

10,000 METER RUN

(Please Circle Which Race)

1-MILE RUN

NAME: _____
(first) (last)

MAILING ADDRESS: _____
(street or box)

(city)

(state)

(zip)

PHONE: _____ PICNIC YES NO

AGE (As of 04/24/10): _____ SEX: _____ BIRTHDATE: _____

SCHOOL, EMPLOYER AND CLUB AFFILIATION: _____
USATF member YES NO

E-mail: _____

CIRCLE ONE: T-SHIRT SIZE: S M L XL XXL (\$2 extra) XXXL (\$3 extra)

ONE MILE CHILD SIZES: S (6-8) M (10-12) L (14-16)

ENCLOSED IS \$ _____ FOR MY ENTRY (Make check payable to Rose City Run)

****YOUR COMPETITOR NUMBER WILL BE SENT TO THE ABOVE ADDRESS****

For and in consideration of my being allowed to participate in the Rose City Run (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly or indirectly, from my participation in the event and agree to indemnify and hold harmless the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others, and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

Signature of entrant, or of parent or legal guardian if under 18 years of age.

MAIL ENTRY FORMS TO:

ROSE CITY RUN

P.O. Box 1037

Thomasville, Georgia 31799

(229) 226-9878

e-mail: rcr@ymca-thomasville.org