

# Spring Fling Run

April 17, 2010

**When:** Race Day registration 7:00 am, 5K run at 8:00, 1 mile fun run begins immediately after 5K run

**Where:** Begins and ends at Bainbridge Country Club - 312 Country Club Road.

**Awards:** Top male and female in each age group, Overall Top Male and Female Winner,

Medals to all fun run participants

**Registration Fees:** Preregistration by April 9<sup>th</sup> – \$15 to guarantee a shirt

Race day registration – \$15, 1 mile fun run- \$10

**Contact Person:** April Aldridge or Stephanie Poitevint at [springflingrun@gmail.com](mailto:springflingrun@gmail.com)

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Entry Form- Please print legibly

Name \_\_\_\_\_ Age \_\_\_\_\_ M \_\_\_ or F \_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Race entered (circle one)    **5K**                    **I mile fun run**

Circle shirt size - **YS**    **YM**    **YL**    **AS**    **AM**    **AL**    **AXL**    **AXXL**

**Please make checks payable to BCC Spring fling run and mail to:**

**BCC Spring fling run, 312 Country Club Road, Bainbridge, GA 39819**

*I know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume any and all risks associated with running this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat or humidity, and the conditions of the roads. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone who might claim on my behalf, covenant not to sue, and waive, release and discharge the any and all state, county and town officials and employees, race officials, volunteers and all sponsors, including but not limited to their agents, employees, assigns or anyone acting on their behalf, from any and all claims for death, personal injury, or property damage or whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to the Spring Fling Run Committee use of any photographs, videotapes, motion pictures, recording, or any other record of this event for any purpose.*

**\*Applicants for minor are not accepted without parent/guardian signature**

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Signature

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Date