Cumulative 5K

Saturday – July 26th, 2014 – starts @ 7:30AM
Help local food banks or Toys for Tots!

Location: **Valwood School – 4380 Old Hwy 41 North – Hahira, GA 31632 on Scruggs Track.**

Registration: **Pre-registration ends at 3:00PM on July 25th – race day registration starts at 6:30AM on Scruggs Track.**

- **7:30AM – Heat 1 of the 3200 meter – sub 16 minute expected finish time**
- **7:48AM – Heat 2 of the 3200 meter – Over 16 minute expected finish time**
- **Upon completion of the 2nd 3200m, the start of the 200m portion – starting with the Heat 1 of 3200m. Seven people per heat in the 200m until all of Heat 1 and Heat 2 are completed.**
- **Upon completion of the last heat of the 200m, the Heat 1 of the 1600m – sub 7:30 expected time**
- **Upon completion of Heat 1 1600m, start of Heat 2 1600m – over 7:30 expected time**
- **All times will be added together and overall, masters and age groups awards will be handed out.**

5K Awards: **First Place Overall Male & Female / Masters Male & Masters Female. 1st and 2nd place winners in each of 14 age divisions: 11 & under, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over - You will run the fastest 5K of your career I am sure - and you will learn more about yourself and you will run your 5K road races FASTER.**

T-Shirts: **No T-Shirt offered – this is a no frill event.**

Entry Fee and Donation: $10.00 per individual. Cash or checks made payable to **A Course Line, LLC**. **DONATE** and **REDUCE** your entry fee to **$7/person** by donating a canned good for a local food bank or a new unwrapped toy for Toys for Tots.

Grand Prix event: DOUBLE POINTS awarded to all males and females and all of the participants in each of the 14 age groups.

Additional Information: Call A Course/Line, LLC…229-630-1455

Please mail the completed entry form below along with payment to:
A Course/Line, LLC – 2403 Fieldcrest Drive – Valdosta, GA 31602

Registration Form – please print legibly – fill out one entry form for each participant

Name _____

City _____, State _____ Zip Code_____

Age (as of 07/26/2014) _____ Birth Date _____ Male ___ Female ___

Donated canned good _____ Donated new, unwrapped toy _____ Amount $_____ cash check

In consideration of my entry being accepted, I intend to be legally bound and do hereby, for myself, me heirs, and executors, waive all rights and claims for damages which I may have or which hereafter accrue to me against the sponsors or any subsidiary, its or their respective officers, agents, representatives, successors, assigns and sponsors for any and all damages or injuries which may be sustained or suffered by me in connection with my association with or entry or participation in the **Cumulative 5K**. If I should suffer injury or illness, I authorize the officials of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event**. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.** **ACL 20110615**

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Signature of participant Date Signature of Parent or Guardian