

Georgia Military College Presents

2019 GMC VALDOSTA 5K

Saturday, September 21, 2019 at 7:30am

FINISH LINE SERVICES PROVIDED BY A COURSE/LINE, LLC. OF VALDOSTA

REGISTRATION – ONE ENTRY PER PERSON – NO REFUNDS

- ☐ \$10 Active Duty/Retired Military - Paid by August 31, 2019
- ☐ \$15 Individual – Paid by August 31, 2019
- ☐ \$15 Active Duty/Retired Military – Paid **after** August 31, 2019
- ☐ \$20 Individual – Paid after August 31, 2019
- ☐ \$15 – I don't want to run, I just want a shirt

**** T-SHIRTS GUARANTEED IF REGISTERED BY August 31, 2019 ****

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

GENDER: M F

Age: _____
(as of race day)

Active Duty/Veteran: Y N

CIRCLE YOUR T-SHIRT SIZE: YOUTH: S M L ADULT: S M L XL XXL (+ \$2.00)

Waiver: I am medically able and properly trained to run this race. In consideration of my acceptance of this entry, I waive any and all claims for myself and my heirs against any officials and sponsors of the GMC Valdosta 5K for injury or illness that may result from my participation. Failure to participate in the appropriate age division is grounds for disqualification.

Signature of Participant OR Parent/Guardian (if participants under 18)

RACE LOCATION:

Georgia Military College Valdosta
4201 North Forrest Street
(Across from Dewar Elementary School)
Please enter from Mt. Zion Church Rd

AWARDS:

Awards will be given in the following categories:

- Overall Male & Female
- Masters Male & Female
- Top two finishers Male & Female in the following age groups
10 & under, 11-14, 15-19, 20-24,
25-29, 30-34, 35-39, 40-44, 45-59,
50-54, 55-59, 60-64, 65-69,
70 & over

REGISTRATION:

Mail or hand deliver registration forms to Georgia Military College,
Attn: India Wilcox,
4201 North Forrest Street,
Valdosta, GA 31605. Make checks payable to **GMC Foundation with Valdosta Scholarship in the memo line**. Online registration is available at runningintheusa.com

QUESTIONS?:

Contact India Wilcox at
Georgia Military College –
229-269-4853 or email
iwilcox@gmc.edu

GMC Foundation Scholarship

All proceeds from the race benefit the student scholarship fund, providing financial assistance to local students attending the Valdosta campus of Georgia Military College.

Last year over 40 runners participated in the race and 30 students supported their classmates as “ghost runners.”



Start here...go anywhere!



GMC 5K
Saturday,
September 21,
2019
7:30 AM

Georgia Military College
4201 North Forrest Street
Valdosta, GA 31605