



# 6th Annual Flat Joe 5K & 1 Mile Fun Run/Walk



Saturday, May 18, 2019 — 303 S Hammond Dr, Monroe, Ga. 30655

*Proceeds to benefit the  
Lt. Helton Memorial Scholarship Fund*

## Registration:

Register online at [www.runsignup.com](http://www.runsignup.com) thru Friday, May 16 at midnight.  
Registration forms can be mailed in at PO Box 1105, Monroe, GA 30655, **but must be postmarked by Monday, May 13**. Please make checks payable to Lt. Helton Memorial Foundation, Inc. (a 501(c)3 organization)

## Entry Fee (No Refunds):

5K Early Registration (thru May 5) – \$28.00  
5K Late Registration (May 6-May 16 at midnight) – \$33.00  
5K Race Day Registration – \$38.00  
1Mile Early Registration (thru May 5) – \$10.00  
1Mile Late Registration/Race Day Registration – \$15.00  
Ghost Runner Registration (thru May 19 at 7:00am) – \$28.00

## Course:

The event covers an out-and-back course, starting and finishing at the new Walton County Veterans Memorial! A map of the course can be found on [www.walkjogrun.net](http://www.walkjogrun.net).

***\*For Safety: Strollers are discouraged and pets are prohibited in the Flat Joe 5K due to two-way traffic.\****

## Awards:

Challenge coins to be given to the first 10 to cross the finish line. Cash awards will be given to the top overall male and female 5K finishers, and the top overall master's male and female 5K finishers. Medals will be handed out to the following age groups in the 5K: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and over.

Ribbons will be given to all finishers of the 1 Mile Fun Run/Walk in the finish area.

## T-Shirts:

All early-registrants and ghost runners will be guaranteed a short-sleeved t-shirt at the time of packet pick-up. All who enter the event during the late-registration phase or on the day of the race cannot be guaranteed a shirt – it will be a first come, first served basis only. We will try our best to ensure you have a shirt!

## Contact Info:

Jiffy Helton Sarver – [jiffy@ltheltonfoundation.org](mailto:jiffy@ltheltonfoundation.org) or 770-722-1878 [www.FlatJoe5k.com](http://www.FlatJoe5k.com)

## Race Day Schedule (May 18):

**6:30 a.m.** – Race day registration and packet pick-up begins in front of the Walton County Government Building

**7:30 a.m.** – 1 Mile Fun Run

**7:50 a.m.** – Statue Dedication

**8:15 a.m.** – Flat Joe 5K

**9:30 a.m.** – Awards Ceremony

Name: \_\_\_\_\_ Entry Fee \$ \_\_\_\_\_

Address: \_\_\_\_\_

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

E-Mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Gender (circle): M or F Age (on race day): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

T-Shirt Size (circle one): YL S M L XL **XXL(+ \$2)** **XXXL(+ \$3)** **+\$2.00 XXL**

Race: **Flat Joe 5K** **JROTC TEAM 5K** **1 Mile Fun Run/Walk** **Ghost Runner** **+\$3.00 XXXL \$ \_\_\_\_\_**

RELEASE: **Total \$ \_\_\_\_\_**

In consideration of my entry being accepted, I intend to be legally bound and do hereby, for myself, my 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 Flat Joe 5K/ 1 Mile Fun Run. 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.

Signature: \_\_\_\_\_

(If under 18, parent or guardian)