



2019 5K Saturday, September 28, 2019, Hahira, GA

Celebrating our 9th year

All proceeds benefit Get A Mammy, Inc., a non-profit organization that provides funds for mammograms to women in financial need, as well as to increase awareness of the importance of early detection, provide funds for cancer research and reconstructive surgery for qualified applicants. **GAM** has helped over 300 men/women obtain Mammograms and/or screenings and out of these patients, several have been diagnosed with Breast Cancer. Your support has made this possible. **YOU** helped save a life.

At the end of this year will mark my 10 year survivorship. Please come out and support us!

Registration and Entry Fee

Early registration by Sept 17: \$20.00 5K
\$50.00 Family rate**

Late registration Sept 18-27*: \$25.00 5K
*(by 2:59 pm) \$55.00 Family rate**

Sept 28 – Race Day: \$30.00
\$65.00 Family rate**

Men's Walk a Lap in her Shoes: \$15.00 Men Only

**Family rate includes parents and their children under age 18 up to four members total.

Ghost runner:

Can't be at the race? Register as a Ghost Runner by Sept 17 for \$25.00 and receive a Thermal Tumbler/Mug.

Registration is accepted at any local race or mail to:

A Course/Line, LLC
2403 Fieldcrest Drive
Valdosta, GA 31602

Or register online at:

<https://runsignup.com/Race/GA/Hahira/2017GetAMammy5K>

~~~**Please make checks payable to: Get A Mammy, Inc.**  
**No refunds or exchanges**

### Event Times a.m.

**7:00 – 7:45** .....REGISTRATION/NUMBER PICK UP

**8:00 – 9:00**.....5K RUN/WALK

**9:00 – 9:20**.....Men's Pink walk a lap in her shoes.

**Award Ceremony immediately following**

**Many other prizes and giveaways to 5K and Men's Walk participants. Dress in Pink!**

### Race Course:

Bethany Baptist Church, 5064 Bethany Rd, Hahira, GA 31632  
Bethany Road 5K course off Val-del. Start/Finish lines at church.

### Age Groups

Children 12 & under

13-19 20-29 30-39 40-49 50-59 60-69 70+

### Awards

Overall Male and Female: Top Male and Female in each age group

### Gift Bag:

All participants pre-registered by Sept. 17 are guaranteed a Thermal Tumbler/Mug and will receive their Tumbler/MUG on race day. A surplus of Tumblers/mugs will be available race day for participants on FCFS basis. Any remaining MUGS can be purchased after race begins. Men's walk shirts will be given at race for those participants.

## Official Entry Form 2019 "Get A Mammy 5K" (Please complete entire form)

Name: \_\_\_\_\_ (1 person per form ) Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

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 Get A Mammy 5K run/walk. 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 of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent (under 18)

Finish line services are provided by A Course/Line, LLC of Valdosta