



**March 26, 2022 @ Bethany Baptist Church, Hahira GA**

**This year in memory of Amelia Ann Player  
Men's Walk is in memory of Archie Waldron**

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.



### Registration and Entry Fee (All dates year 2022)

Early registration \$20.00 5K  
by midnight Mar 16 \$50.00 Family rate\*\*

Late registration \$25.00 5K  
Mar 17 - Mar 25 \$60.00 Family rate\*\*  
\*(by 2:59 pm)

Race Day: \$30.00  
Starts @7:00am till 7:45am \$65.00 Family rate\*\*  
Race starts @ 8 am promptly.

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

**Don't feel like walking?  
Sign up as a Ghost Runner for  
\$20 and receive a gift.**

**Drawing for a \$500 Gift Certificate from our sponsor,  
Steel's Jewelry.  
Plus drawings for prizes and restaurant gift cards after  
the race.  
Must be a registered participant of the event and  
present on race day.**

Men's Walk a Lap in her Shoes: \$20.00 (Men Only) You need to wear women's shoes or bedroom shoes. Contact us if you need help with this. You may decorate shoes in pink. Dress up to look "Appropriate" to walk a lap in her shoes. As much pink as possible. Dresses, skirts, hats, scarves, makeup, tutu, bathrobe, etc. A gift basket will be awarded to the man most appropriately dressed in pink!

Or register online at: [runsignup.com](https://runsignup.com) Look for Get A Mammy 5K

A link will be posted online on Facebook and on our website @ [www.getamammy.org](http://www.getamammy.org)

Questions? Email us at [getamammy@bellsouth.net](mailto:getamammy@bellsouth.net) and we will get back to you ASAP.

### Awards Age Groups

Children 12 & under 13-19 20-29 30-39 40-49 50-59 60-69 70+

Overall Male and Female: Awards for each age group.

Registration is accepted at any local race or mail to:

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

**Receive participant gift on RACE DAY!**

### Official Entry Form 2022 "Get A Mammy 5K" (Please complete entire form)

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

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

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

**T-Shirt: Youth: S M L Adult: S M L XL 2XL 3XL**

**(T-shirt size is requested for potential gifts)**

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