



SATURDAY, SEPTEMBER 20th, 2014

New Covenant Church Youth's **RACE FOR THE NATIONS 5K & 10K**

	5K & 10K start	8:00 am	1 Mile Fun Run start	9:30 am
5K	Before September 10th, \$20		After September 10th, \$25	
10K	Before September 10th, \$25		After September 10th, \$30	
1 Mile	Before September 10th, \$10		After September 10th, \$15	

Pre-registered 5K & 10K participants by Sept. 10, are guaranteed a high-quality, dry fit, printed race shirt

Race day registration and pre-registered packets will be located in the NCC Family Life Center on 3531 Bemiss Road beginning at 7:00 am. Award ceremony will be immediately following the conclusion of the 1 mile fun run. **Finish Line services presented by A Course/ Line, LLC of Valdosta.**

Awards for overall M/F in 5K & 10K distances, 1st and 2nd in 10 age group!

Mail form and check payable to: (please denote race in memo section of check)
NCC Valdosta 2537 Touchton Road Valdosta, GA. 31601
 Questions? Contact Shelby Wolf at (229) 292-4282 or shelby@valdostadailybread.com

Register online at www.runningintheusa.com

One registration form per runner- Print Legibly

NAME _____ EMAIL _____ AGE _____

DOB _____ GENDER _____ ADDRESS _____ ZIP _____

Select Event **5K** **10K** **1Mile** **Ghost Runner**

Dry Fit Shirt Size **Youth S M L** **Adult S M L XL XXL (add \$3)**

Waiver and release: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials, volunteers, and/or sponsors of the "NCC Youth Race for the Nations 5K & 10K, 1 Mile Run" for any injury or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event. (If under 18 years of age, waiver MUST be signed by a parent or legal guardian.) NO REFUNDS.

SIGNATURE _____ DATE _____