

# Thanksgiving Day 5K

Thursday – November 24, 2016 – 5K starts @ 8:00AM

Help local food banks!

2016 Grand Prix event - Double Points earned at this event.

**5K Course:** This Valdosta course Starts near corner of Azalea Drive and College Street at the VECA School. Travels Azalea Drive to a left turn on Cranford Ave, right turn on White Oak Drive, right turn on Azalea Circle, left turn on Azalea Drive, right turn on Gornto Road, right turn on Georgia Ave, left on Clyde Ave, right on New Bern Street, left on Park, right on Michael Terrace, right on Cranford, right on Georgia Ave, left on Cary Street and left on Azalea Drive, finishing at the VECA School. One loop course.

**5K Awards:** First Place Overall Male & Female / Masters Male & Masters Female. 1<sup>st</sup> and 2<sup>nd</sup> place winners in each of 14 age divisions: 11 & under, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over.

**T-Shirts:** No T-Shirt offered – this is a no frill event.

**Entry Fee and Donation:** \$10.00 per individual. Cash or checks made payable to A Course Line, LLC. **DONATE** and **REDUCE** your entry fee to **\$7/person** by donating a canned good for a local food bank.

**Grand Prix event:** DOUBLE POINTS awarded to all males and females and all of the participants in each of the 14 age groups.

**Additional Information:** Call A Course/Line, LLC...229-630-1455

Please mail the completed entry form below along with payment to:

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

Registration Form – please print legibly – fill out one entry form for each participant – no refunds – no swapping

Name \_\_\_\_\_

Email Address \_\_\_\_\_

City \_\_\_\_\_, State \_\_\_\_\_ Zip Code \_\_\_\_\_

Age (as of race day) \_\_\_\_\_ Birth Date \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ 5K \_\_\_\_\_

cash

**Donated canned good** \_\_\_\_\_ **Amount \$** \_\_\_\_\_

check

In consideration of my entry being accepted, I intend to be legally bound and do hereby, for myself, me 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 **Labor Day 5K**. 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.**

ACL 20110615

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian

Code of Conduct you are expected to follow in ALL Road Races:

- 1] Wear your bib number on the front of your shirt/shorts to be visible by race personnel at all times - no visible bib number - do not cross the finish line.
- 2] Stay in order of finish at the line once in the finish line chute. Finish line personnel have final say as to order of finish. Please do not safety pin the "pull tab" to your clothing - please leave the pull tab attached to the number - it may be removed by finish line personnel when/if needed.
- 3] A finish line card is handed to you in order of finish in the chute – fill the card out legibly and completely. Place the finish card in the proper gender and age group appropriate baskets as quickly as feasible. If you do not fill out the card and place it in the appropriate gender/age group basket - you will NOT be in the final results. You are responsible for filling out the card properly and placing it in the proper basket.
- 4] Observe your finish time at the finish line and record on the finish line card. The finish line personnel are focused on collecting the data on every participant – please do not interrupt their collection/management of the results..
- 5] Only entered participants should cross the finish line to be counted and only when they have completed the entire distance. Do not cross the finish line if you have not completed the mapped out route for the course. Do not cross the finish line if you have not properly entered the event and have a bib number.
- 6] Encouraging other runners to run their best is always appropriate – however do not cross the finish line more than once in an event.
- 7] Each participant is responsible to be able to hear starting instructions and finish line instructions at all times.
- 8] Participants may run with a baby jogger or a dog on a leash. You are responsible and should be mindful not to impede others. If there is an issue caused by your baby jogger or dog - you are responsible for all aspects of the issue.
- 9] The courses that the event are run on are not closed to traffic – though we have a permit and police assistance – drivers are unpredictable and you MUST be aware of traffic at all times.
- 10] Run on the right hand side of the road (unless otherwise directed by the police) - run in the direction of traffic flow.
- 11] The awards ceremony is usually just minutes after the last finisher completes the final event for the day. If you must leave before the ceremony, make arrangements with someone else to pick up your award during the ceremony. We do not mail or hold awards not picked up during the ceremony.
- 12] Errors do happen during the awards presentation. All errors will be corrected. Please do not interrupt the awards presentation in process. Seek out officials after the ceremony to offer your discrepancy.
- 13] Announcing your name correctly during the awards presentation is always the goal. Please forgive any mispronunciation. Any help you may offer the announcer with the proper enunciation is always encouraged.
- 14] Assume the event will start on time, especially an event ACL is involved. It is highly recommended that you should be on site and fully ready to run at least 15 minutes prior to the start time. Do not expect the start of the race to be delayed for any reason – other than safety of all participants.
- 15] Please smile as you cross the finish line.