

# XC is Fun 5K

**Saturday - August 20, 2016 – 5K @ 7:15AM  
FREEDOM PARK XC COURSE**

**5K Course:** Freedom Park - this is a 5K Cross Country course that will be run on grass, dirt, pine straw and some rocks. TWO (2) Loop course. Spectator friendly. The course will be well marked and prepared for a High School and Middle School XC meet that is being held immediately following the conclusion of this event. Stay to support the local youth student athletes in their first meet of the season.

**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 plus.

**T-Shirts:** No Frill event – no shirts offered.

**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.

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

Please mail or print out and complete 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 swapping/no refunds**

Name \_\_\_\_\_

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

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

Age (as of 08/20/16) \_\_\_\_\_ 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 **XC is Fun 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.**

GA store 20100331

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

\_\_\_\_\_  
Date

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