



#EYSP5K10K

Express Your SuperPower 5K, 10K, Fun Run & Tot Trot

Also a Virtual 5K & 10K Option

Saturday, Oct 4th, 2025

Tot Trot 8AM – Fun Run 8:05AM - 5K, 10K 8:30AM

Etowah River Park

600 Brown Industrial Blvd

Canton, Georgia 30114

When: Oct 4th, 2025 (registration and packet pick-up begins at 7AM). Fun Run 8:05AM – 5K 10K 8:30AM-Tot Trot 8:00AM

Where: Etowah River Park, Canton GA

Course: The race will start near the Amphitheater Stage. The course is a flat, fast course through Etowah and Heritage Parks. Water will be available on the course. Timing provided by BT Race Timing.

Awards: Awards for Overall Male and Female, Masters Male and Female, plus top 3 in 10 year age groups. Results posted to RunSignUp.com BTRaceTiming.com and Athlinks.com

Entry Fee: 5K before 10/1/25 - \$30 10K before 10/1/25 - \$35

Virtual 5K and 10K - \$30

Tot Trot – FREE or \$10 for a shirt

Race Day registration increases \$5 for each event

Shirts are not guaranteed for registrations after 9/21/25

Rain or shine (possible delays if lightning) – no refunds

Make checks payable to: NWGABF Coalition

Send entry forms and fees to: Carol Hendrix
NGHD WIC
1710 Whitehouse Ct
Dalton, GA 30720

Questions: Contact Carol at Carol.Hendrix@dph.ga.gov

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One Entry Per Person – Please Print Clearly

Name: _____ Age (on 10/4/25): _____ Gender: _____

Address: _____ Birth Date: _____ / _____ / _____

City: _____ State _____ Zip Code: _____

Phone: _____ E-Mail: _____

Race: 5K ___ 10K ___ Fun Run ___ Tot Trot ___ Virtual 5K ___ Virtual 10K ___

T-shirt Size (circle): YS YM YL AS AM LG XL XXL

LIABILITY RELEASE: I, the undersigned, intending to be legally bound, and in consideration of my application for entry into the above-referenced event, hereby for myself, my heirs, executors, administrators, legal representatives, successors and assigns, assume all risks and damages against the Express Your SuperPower 5K, 10K, Fun Run, Tot Trot, officers, agents and employees, and all volunteers participating in this event, and agree to hold harmless and indemnify those parties from any claims of any nature arising out of my participation in this event. I acknowledge the inherent dangers of participating in a road race and fully assume the risks associated with same. I further verify that I am physically fit for participation in this event and that I have no condition that would preclude such participation. My execution of this agreement releases the said officers, agents and employees from liability for any act or omission, which causes injury or damage to my person or property related to their organization and operation of this event, and my participation therein. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Participant Signature: _____

Signature of Parent (if under 18): _____

Bib Number