



5K Run/Walk & Family Fun Walk

Bringing Hope, Health and Healing to our Community

September 12, 2026 9 a.m. at Haig Mill Park
Pre-registered check-in 8:30 a.m.

Participating benefits your own health and provides free healthcare to a neighbor in need.
Each year your support provides basic medical care for local adults!
All race participants must have a registration form and waiver on file. Race timing by Carpet Capital Running Club.

First Name: _____ Last Name: _____

Address: _____

E-mail: _____ Cell phone: _____

Age: _____ Gender: Male Female

Shirt Size: XS S M L XL 2XL 3XL

***Registrations must be received by August 21 to guarantee a shirt.**

- 5K Run/Walk (all ages) 9 a.m. start \$35 early bird / \$40 regular
- Family Fun Run/Walk (1 mile) 9:15 a.m. start \$15 (all ages)
- T-Shirt only: \$15
- Sponsor a Flamingo! \$20
Buy as many as you want and you can keep them after the race!
- Place a Sign on the Course \$30
Honor a care provider or loved one with a personal message
Encourage participants with a special message

Print the message exactly as you want it to appear on the sign:

Total: _____ Payment method: Check# _____ online: _____

I know that participating in a trail race/fun walk is a potentially hazardous activity. I enter and run this race certifying that I am medically able and properly trained. I assume any and all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of extreme weather, and the conditions of the trails. I know that running a race is a potentially hazardous activity. I acknowledge that I should not enter and run unless I am medically able to do so and properly trained. Knowing these facts and in consideration with your acceptance of my entry fee, I hereby for myself, my heirs, my executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the organizers of this event – DEO Clinic, Inc., Dalton Parks and Recreation and the Carpet Capital Running Club, RunSignup, individual and organization associated with the trail run; local government and police; volunteers, and any and all sponsors, including their agents, employees, assigns or anyone acting for or on their behalf, from any and all claims of liability for death, personal injury foreseen or unforeseen, known and unknown. In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization. The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legal purpose. I also understand that entry fees are not refundable under any circumstance, race registrations are not transferable to other participants, future years races or other DEO events and transferring between distances (up or down) is not allowed. The Race Director reserves the right to modify or cancel the race or course for safety concerns, trail condition concerns or natural disaster. In such cases there will be up to a one-hour delay for weather or the event will become virtual. There can be no refunds of race entry fees but any forfeited fees will become a donation to the DEO Clinic. Each athlete must accept any such risk of their entry fee paid. There is no complimentary race entry to a future race. Entry fees collected are used to develop and produce the event, starting well in advance of the race date – including course preparation, race supplies, permits and administration. We will make every effort to produce a fair and safe event for all participants. Any decision we make that impacts the race date or potential cancellation is carefully considered and based on the overall event safety, sustainability and manageability. I agree to abide by the rules and decisions of race officials. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

PARTICIPANT'S NAME: _____

Name of Parent or Guardian for Participants Under 18 _____

SIGNATURE: _____ **DATE:** _____

The 5k race follows the trail around Haig Mill lake. It is one lap, 3.1 miles long, and mostly flat. The trail is a mix of paved trail and gravel. It is a beautiful course and works well for all paces and abilities. The Fun Run/Walk will be paved areas.