

**Sponsored by:**

# **Valdosta Elks Lodge & Georgia Power Company**



## **More Aid for Elks Aidmore 5k** **"Healing hearts... Restoring hopes... Rebuilding lives."**

**Date: Saturday, March 2, 2013 Location: McKey Park, Valdosta, GA**

**Registration at 7:00am Race begins at 8:00am**

**Groups: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+**

**Entry Fee: \$15.00 thru Feb. 22 \* Feb 23 to March 1: \$20.00 \* Race Day: \$25.00**

***Leaping Leprechauns: No Running Required - Fee includes T-shirt: \$15.00***

**T-shirts guaranteed to all pre-registered (by Feb 28) runners**

**Awards to top Male & Female overall, Masters & top two in each age group**

**Complete one form per person and make check payable to Valdosta Elks Aidmore Auxiliary.**

**Mail to A Course/Line, LLC - 2403 Fieldcrest Dr. - Valdosta, GA 31602. Or register at [runninginthehouse.com](http://runninginthehouse.com)**

**More Aid for Elks Aidmore 5k Run Registration**

**Amount Paid: \$ \_\_\_\_\_**

**Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Shirt Size: S M L XL 2X**

**E-mail Address: \_\_\_\_\_**

**Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_**

**Phone: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_**

**runners**

**Required**

**Required for all actual**

**Waiver: I, the undersigned, intending to be legally bound hereby waive any and all claims for myself, my heirs executor, and administrators, against officials and/or sponsors of the Valdosta Elks Aidmore Road Race or City of Valdosta or A Course /Line for any reason whatsoever which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event and grant full permission to any and all of the foregoing to use photography videotape, motion pictures and or any other record of the event for any purpose,**

**Signature: \_\_\_\_\_ Date: \_\_\_\_\_**

**Guardian Signature if under 18: \_\_\_\_\_ Date: \_\_\_\_\_**