

Fourth Annual

**Glow
Alpha Rho
5K & Fun Run**

March 9, 2018 at 7:00 p.m.

Does it blink? Does it glow? Is it bright?

Wear it and make a statement!

We will have lots of Glow accessories for sale next to the registration table prior to the event. Come check us out as soon as you get registered!

Location:

Cook High School Memorial Stadium
1600 Massee Post Road, Adel, Georgia 31620

****** Scholarship Fundraiser ******

Awards:

Fun Run

Medals for 1st & 2nd Placers
in each age group
Age Groups: 3-5 and 6-9

5K

Trophy for 1st Place Overall Male
Trophy for 1st Place Overall Female

5K

Medals for 1st & 2nd Placers
Men and Women

Divisions:

9 & Under 10-15 16-19 20-29
30-39 40-49 50-59 60 & Over

Hosted by the Alpha Rho Chapter
of Alpha Delta Kappa

RACE DAY INFORMATION

****** Flat course ******

Registration:

6:30 – 7:00 p.m.

*Look for the tent near the
middle of the football field.*

Race Times:

7:00 p.m. – Fun Run

7:30 p.m. – 5K

*The Fun Run and the 5K
will begin and end on the track.*

GLOW ITEMS!

Prices range from \$1 to \$5

Entry Fees:

Fun Run

Pre-Registration Now-February 9th

\$10 – Ages 9 and Under

\$15 – Ages 10 and Over

After February 9th

\$15 – All Ages

5K

Pre-Registration Now-February 9th

\$15 – Ages 12 and Under

\$25 – Ages 13 and Over

After February 9th

\$20 – Ages 12 and Under

\$30 – Ages 13 and Over

**Each pre-registered participant will receive a
t-shirt. T-shirts are NOT guaranteed for late
registrations or race day participants.**

Pre-Registration Special

Register 4 family members for the price of 3!

Pre-register three family members (must be
parents/grandparents & children), and the fourth is free!

Mail Form & Entry Fee to:
Cook Elementary School – Mandy Ward
1512 N. Elm Street
Sparks, GA 31647

Checks Payable to Alpha Rho
(NO REFUNDS)

www.runningintheusa.com

One Entry Form per Participant

ENTRY FORM

Please print legibly



Name _____

Phone Number _____

Address _____

City _____ State _____ Zip _____

E-mail Address _____

Gender (circle one) Male Female

Age (on race day) _____

T-Shirt Size

Guaranteed to Pre-Registered

Youth: S M L

Fun Run 5K

Adult: S M L XL XXL

Event (Circle One)

Participant's Waiver and Release

I waive any and all claims for myself, my heirs, and assigns against Alpha Rho, all race co-sponsors, the City of Adel, and any subsidiary or political subdivision thereof, its or their representatives, successors, and assigns for injury or loss which may directly or indirectly result from my participation in this event. I further state that I am in proper physical condition and have trained for completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other records of this event for any purpose whatsoever.

Signature (Signature of Parent/Guardian if under 18) Date

**Finish Line Services Presented by
A Course/Line, LLC of Valdosta**