

Little River Run 5K
REED BINGHAM STATE PARK
542 Reed Bingham Rd.
ADEL, GA. 31620
USA TRACK AND FIELD CERTIFIED COURSE (GA11076WC)
Finish line services by Todd Smoot of
A COURSE/LINE LLC OF VALDOSTA

DATE: Saturday, April 18, 2020

TIME: Registration at 7:00 AM
5K Run at 8:00 AM

LOCATION: Reed Bingham State Park Beach Pavilion

REGISTRATION AND ENTRY FEE:

Pre-registration: \$20.00 (deadline April 14th)

April 15th to race day \$25.00

Park Pass is required per vehicle

Pre-registration may be made through www.runningintheusa.com, at the Park office, or by check made out and mailed to:

FRIENDS OF REED BINGHAM STATE PARK,
542 Reed Bingham Rd
Adel, Ga 31620

AWARDS: Trophies to overall male and female winners in the Open and Masters (40+) division Awards to the top 2 finishers (male and female) in the following age groups:

11 and under	12-15	16-19	20-29	30-39
40-49	50-59	60-69	70+	

Refreshments: Water will be provided during the race and water and fresh fruit at the finish line.

Pre-registered participants will receive a Little River Run 5K shirt. Day of race registrants will receive a shirt while supplies last.

T Shirt size (circle one) Adult S M L XL XXL (+\$2) Youth M L

Waiver must be signed before participating in the race.

Name _____ Age _____ Sex _____
First Last

Address _____
City State Zip Code

Phone _____ E-Mail _____

In consideration of the acceptance of this entry, I the undersigned intending to be legally bound hereby waive any and all claims for myself, my heirs, executors, administrators, against Reed Bingham State Park, Friends of Reed Bingham State Park, A Course/Line LLC, volunteers of Reed Bingham State Park and/or sponsors of the Little River Run 5k for injury or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this race and grant full permission to any and all of the foregoing to use photography, video, and any other record of the event for any purpose.

Signature _____

_____ Date

Parent/guardian (if under 18) _____