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## RUN MORE, ONE LESS 5K

*Sponsored by:  
Covenant Baptist Church*

**Saturday, March 23, 2019**

**8:00 AM 5k Road Race Begins**

### REGISTRATION:

Pre-registration is \$20 (before March 13, 2019). Includes t-shirt.  
Entry fee from 03/14/19 to race day is \$25. T-shirt not guaranteed.  
Please make all checks payable to Covenant Baptist Church.

### AWARDS:

Overall Male and Female Runner  
Top Two Male and Female Runners from each age as of race day category  
14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and older

### LOCATION:

Covenant Baptist Church  
3019 Country Club Drive, Valdosta, GA 31602

For additional information, contact Joshua Gervacio (229)444-0404.

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## REGISTRATION FORM

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_

T-SHIRT SIZE: YS    YM    YL    S    M    L    XL    XXL    XXXL

WAIVER: I KNOW THAT RUNNING A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I AM IN PROPER PHYSICAL CONDITION TO COMPLETE THIS RUN AND ASSUME ALL RISKS ASSOCIATED WITH PARTICIPATION INCLUDING, BUT NOT LIMITED TO FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF WEATHER INCLUDING HIGH HEAT AND/OR HUMIDITY, TRAFFIC AND CONDITIONS OF THE ROAD, ALL RISKS BEING KNOWN AND APPRECIATED BY ME, I FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF WAIVE AND RELEASE ALL RACE OFFICIALS, COVENANT BAPTIST CHURCH, ALL SPONSERS, AND OTHER GROUPS OR INDIVIDUALS ASSOCIATED WITH THIS EVENT.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

(Parent/Guardian signature required if under 18)

Thank you for your donation, there are no refunds.