

RUN MORE, ONE LESS 5K

.Proceeds go towards families in the adoption or foster care process.

Sponsored by:
Covenant Baptist Church
Saturday, March 28, 2020
8:00 AM 5K Road Race Begins

REGISTRATION:

Pre-registration is \$20 (before March 6, 2020). Includes t-shirt.
Entry fee from March 7, 2020 to race day is \$25. T-shirt not guaranteed.
Please make all checks payable to Covenant Baptist Church.
One entry per person. No refunds.

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
Course winds through neighborhoods and does not run on Country Club Road.

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

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)