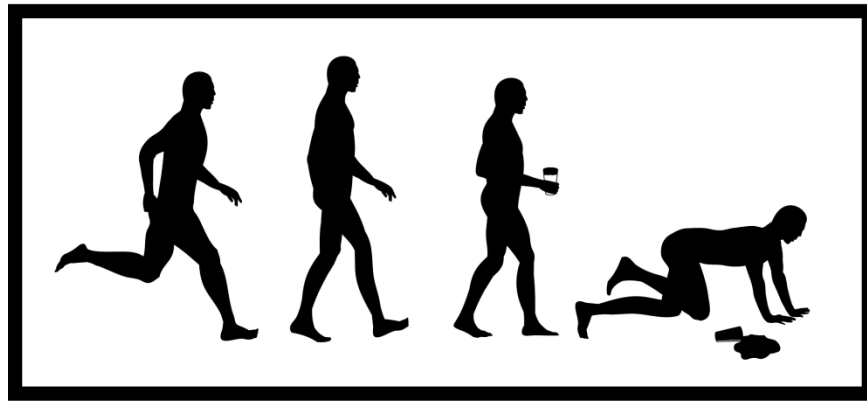


RUN BEFORE YOU CRAWL



GRANT PARK 5K & PUB CRAWL

APRIL 12, 2014

April 12, 2014

800 Cherokee Avenue, Atlanta, GA 30312

9 AM

Join us for the 5th Annual Run Before You Crawl 5K and Pub Crawl through Historic Grant Park
Pub Crawl will immediately follow the 5K at 10:30 am and end at 1:30 pm.

5K and Pub Crawl Registration Fees:

Registration until midnight April 1st is \$30 for the 5k or \$40 for both the 5k and Pub Crawl. After April 1st Race registration will be available at \$35 for the 5k and \$45 for both the 5k and Pub Crawl.

Registration by mail:

Checks should be made payable to RBYC, Inc. and mailed to:
RBYC, Inc. 309 Sycamore Street, Decatur, GA 30030
Download a registration form at www.runbeforeyoucrawl.com

Awards:

- First Male & Female Overall
- Top 2 M/F Finishers as follows:
 - 19 and Under
 - 20-29
 - 30-39
 - 40-49
 - 50-59
 - 60+

For more information contact: info@runbeforeyoucrawl.com

T-Shirts to all pre-registered runners and race day and late registrants until supplies depleted

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Age: _____ Sex: _____ T-Shirt Size: _____ S _____ M _____ L _____ XL

Daytime Phone Number: _____ Emergency Contact: _____ Phone Number: _____

Waiver: I know that running a road race is a potentially hazardous activity. I am in proper physical condition to compete in this run/walk and assume all risks associated with my participation including, but not limited to, falls, contact with other participants, and the effects of the weather including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I will not wear headsets or any device that restricts my hearing or other perception. In consideration of this entry, for myself and anyone entitled to act on my behalf, I waive and release all race officials, volunteers, sponsors, and any others associated with this event. Furthermore, I hereby grant the agents of this event permission to use photos or any other record of me in this event.

Signature of Participant/Parent or Guardian's signature if under 18 years of age

Date