

Labor Day 5K

Benefiting the Valdosta Cross Country Teams

Presented by Rob McGhin - Southern Classic Realtors

Monday - September 2, 2019 – 5K @ 8:00AM

5K Course: Freedom Park Cross Country Course - 3795 Guest Rd, Valdosta, GA 31605

T-Shirts: No T-Shirt is offered. No frills event.

Entry Fee and Donation: \$10.00 per individual. Cash or checks made payable to

VHS Cross Country Booster Please bring exact change – no refunds.

Additional Information: Call Rob McGhin 229-561-3810 or email

Head Coach Ryan Kelly rkelly@gocats.org

Registration Form – please print legibly – fill out one entry form for each participant – no refunds or number swapping

Name _____

Email Address _____

City _____, State _____ Zip Code _____

Age (as of race day) _____ Birth Date _____ Male ____ Female ____

CASH _____ CHECK _____

In consideration of my entry being accepted, I intend to be legally bound and do hereby, for myself, me heirs, and executors, waive all rights and claims for damages which I may have or which hereafter accrue to me against the sponsors or any subsidiary, its or their respective officers, agents, representatives, successors, assigns and sponsors for any and all damages or injuries which may be sustained or suffered by me in connection with my association with or entry or participation in the Labor Day 5K. If I should suffer injury or illness, I authorize the officials of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

_____/_____/_____

Signature of participant

Date

Signature of Parent or Guardian (if under 18)