

VALDOSTA 5K

Tuesday- July 4th – event starts at 7:30 AM

Proceeds to benefit Valdosta State University Cross Country Programs

5K Course: Starts on Sustella Avenue, turn right onto Baytree Road, turn left onto North Oak Street, turn right onto Moore Street, turn right onto Williams Street, turn right onto Mary Street, turn right onto Sustella Avenue and finish in the VSU Complex parking lot on Sustella Avenue.

Location Address: Complex – 401 Baytree Road – Valdosta – 31602 – parking lot driveway is on Sustella Avenue.

Awards: Overall Female/Male, Master Female/Male – top 2 in each age group – 11 & Under, 12 to 14, 15 to 19, 20 to 29, 30 to 39, 40 to 49, 50 to 59, 60 to 69 and 70 & Over.

T-Shirts: All those registered no later than June 26th by midnight, who cross the finish line will be assured to receive a T-Shirt after you cross the finish line. You must **EARN** the **TSHIRT** award by **completing the event**. All who register on June 27th or later, including Race Day, who finish will receive shirts while supplies last on race day.

Entry Fee: \$17.50 through June 24th - \$22.50 June 25th through July 3rd – \$30 on Race Day – July 4th. There is a **Family Discount** through July 3rd– [Parent(s)/Children under the age of 18] \$55 if received by 06/24, \$75 thru July 3rd. **No Family Discount offered on race day** – all race day \$30 fee. Please bring exact change – no refunds or swapping of entries.

Additional Information: Call A Course/Line...229-630-1455

Please mail the completed entry form below along with payment to:

payable to **Todd Smoot dba A Course/Line** - 2403 Fieldcrest Drive – Valdosta, GA 31602

Registration Form – please print legibly – fill out one entry form for each participant

Name _____

Email Address _____

City _____, State _____ Zip Code _____

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

T-Shirt size – Adult Small [], Adult Medium [], Adult Large [], Adult XL [], Adult XXL []

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 **Valdosta 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.**
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Signature of participant

Date

Signature of Parent or Guardian