



ESCUE



RUNNERS 5K 2010

Saturday, October 23rd 8:00 AM



Registration opens at 7:00 AM

Location: Aqualand Marina 6800 Lights Ferry Road Flowery Branch, GA 30452

Registration: \$20 per person if

\$25 per person on Race Day

Pre-Registered by October 14

\$20 race day w/ Bag Dog Food Donation

Awards: Awards will be given to the Overall M/F, Masters M/F, and top 3 M/F in all age groups.

Course: Fast! Nearly all flat scenic course with U-Turn at Mile 1, finishes with long downhill.

Come out and enjoy the foliage and lake views while running to benefit dog rescue organizations including the Humane Society of Northeast Georgia! Before and after the race, meet some of the dogs, hoping to find forever families! Special recognition will be given to anyone choosing to adopt that day! Also, rescue organizations love dog food donations!



Info: For more information or questions contact race director Diane Kyle at (770)-561-4039 -or- contact Zack Loggins of Runner's Fit Race Works at (770)-561-1050 or Email Zack@RunnersFit.com

Results will be posted immediately following race at:
www.runnersfit.com, www.runningintheusa.com, and www.coolrunning.com.

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Age: _____

Day Phone: _____ Gender (Circle One): M F

Email Address: _____

Shirt Size (Circle One): S M L XL

For Official Use Only:

Bib Number: _____

WAIVER: In consideration of the acceptance of my entry I hereby agree to comply with all rules and regulations for safety of myself and other participants. I also waive and release any and all rights and claim damages I have against For The Dogs, Aqualand Marina, Runners Fit, Runners Fit Race Works, race directors, sponsors, volunteers or any facility used for this event, for all injuries which may be suffered by me in connection with my competition in said event. I give my permission for the free use of my name(s) and/or photo in any medium of this event.

Signature (or parent if under 18): _____ Date: _____

Mail in registration deadline is **October 14, 2010**. Send your completed registration and \$20 (check or money order) made payable to "For The Dogs" to:
Rescue Runners 5K
P.O. Box 1136
Oakwood, GA 30566