

4th Annual Sterling Life 5K and Tree House Tot Trot

Sterling on the Lake's community enhancement committee, Sterling Life, is sponsoring this event and will donate race proceeds to local Hall County charities

Entry fees:

- \$20.00 for pre-registered 5K runners
- \$15.00 for pre-registered Tot Trot
- \$50.00 for pre-registered family of 4
- \$25.00 for 5K late registration
- \$20.00 for Tot Trot late registration

5K Race Course: The course features beautiful scenic trails along Lake Sterling and the residential neighborhood of Sterling on the Lake. Several hills are included in the race terrain. A water station will be located at 1.5 miles.

Tree House Trot: The 1/2 mile course follows the street housing the community tree house.

Race Day Registration & Packet Pick-up
Saturday, September 11th
6:30 am to 7:45 am
Sterling on the Lake Clubhouse

For more information please email:

southernlivinggail@yahoo.com

Date: September 11, 2010

Time: 8:00 am

Pre-register by: 9/1/10

Start/Finish Location:
Sterling on the Lake Clubhouse
7005 Lake Sterling Drive
Flowery Branch, GA 30542

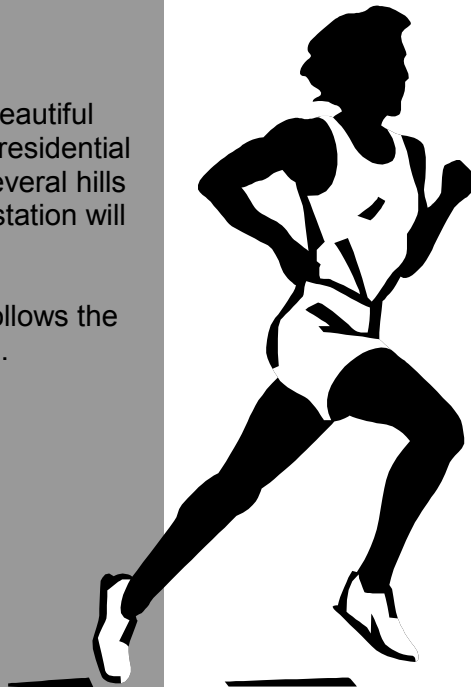
Prizes

T Shirts guaranteed to first 150 pre-registered 5K runners only. Awards for 1st, 2nd and 3rd place in age categories from 10&under to 65+ in the 5K race. Special awards to the first place male and female Sterling on the Lake resident in the 5K. Participant ribbons to all Tree House Tot Trot finishers.

Sponsored by:



(770) 967-9755



Mail form and entry fee to:

Sterling Life
7005 Lake Sterling Drive
Flowery Branch, GA 30542

Sterling on the Lake Resident?
Yes No

Name _____
Address _____
Phone _____
Email address _____

Waiver: I hereby release Sterling Life, the hosts, sponsors, volunteers, race organizers and officials of the 3rd Annual Sterling Life 5K and Tree House Tot Trot from all claims of injury or damages resulting in my participation in said event. I realize this is a strenuous event and I am in proper physical condition to participate.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____

Sex _____ Age on race day _____ T-shirt Size: S M L XL YS YM