



## 1st ANNUAL SOLE 2 SOUL 5K-FUN RUN-March 24, 2013

**WHEN:** March 24, 2013-Race day registration and packet pickup will begin at 1 pm  
Fun Run starts at 2 pm and 5K starts at 2:30 pm

**WHERE:** The race will start and finish at Albany Christian Church-1501 Whispering Pines Rd -Albany, GA 31707

**AWARDS:** T-shirts will be guaranteed to all pre-registered runners. Awards will be presented to the Overall Male & Female and Overall Male & Female Masters. Awards will be given to the top 3 finishers in 5 year age groups beginning at 10 and under through 80 and over. Run and See GA Grand Prix and Clover Glove Race Series points apply.

**ENTRY FEE:** \$20 pre-registration ends March 5, 2013; \$25 March 6, 2013 through race day (no T-shirt guarantee)

**PROCEEDS:** Will benefit Albany Christian Church Community Outreach Ministries & Northside Elementary School

**ONLINE REGISTRATION:** Register online at [albanychristianchurch.com](http://albanychristianchurch.com) or [active.com](http://active.com)



**EARLY RACE PACKET PICKUP:** March 23rd 6 to 8 pm at Albany Christian Church

### INFORMATION:

Contact Braden Miller (229) 395-1170; [sole2soul5K@albanychristianchurch.com](mailto:sole2soul5K@albanychristianchurch.com)

Make checks payable & mail to Albany Christian Church, 1501 Whispering Pines, Albany, GA 31707

Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Raceday \_\_\_\_\_

SHIRT SIZE: YS \_\_\_ YM \_\_\_ YL \_\_\_ Adult S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ *T-shirts will not be mailed*

\_\_\_\_\_ 1 mile Fun Run-\$15 \_\_\_\_\_ 5K - \$20-pre-reg; \$25 late reg

**WAIVER:** In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials, sponsors, hosts, or any other person or persons in conjunction with the 2013 Sole 2 Soul 5K. I understand that running a race can be hazardous. I am in proper physical condition to participate in this event. I also give my permission for the use of my name and picture in any media or other account of this event.

\_\_\_\_\_  
Signature ( if under 18, parent or guardian signature required)

\_\_\_\_\_  
Date