



September 28, 2013

8:00 A.M.

Proceeds Benefit:
The mission outreach of St. Andrews

R4G
5/10K Run & Walk
Tot Trot
Registration Form

St. Andrews
Presbyterian Church
4882 LaVista Road

ENTRY FEE	UNTIL 9/22/13	9/23/13 - 9/28/13	US DOLLARS
Tot Trot	\$10.00	\$10.00	\$
5K	\$28.00*	\$33.00*	\$
10K	\$28.00*	\$33.00*	\$
TOTAL			\$

*R4G is a certified green race so paperless entries are preferred in the interest of being environmentally responsible. All hard-copy (paper) entries will have a \$3.00 surcharge for processing.

Information (required)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ E-MAIL: _____

AGE: _____ BIRTHDAY: _____ GENDER: M F

T-SHIRT SIZE (CIRCLE ONE) : YS YM YL S M L XL XXL

Waiver & Liability Release (required)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Racing for Grace, St. Andrews Presbyterian Church and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I certify that I am 18 years of age or older, or that I am the parent/guardian of the entrant and am granting permission for him/her to participate. The undersigned certifies that he/she has read the disclaimer on this entry form and agrees to the conditions stated.

SIGNATURE: _____ DATE: _____

(Parent or Guardian if under 18) Please complete one form for each participant.

Mail to: St. Andrews Presbyterian Church, 4882 LaVista Road Tucker, Georgia 30084

Come and support worthy causes in Tucker, Atlanta and beyond. Join us in R4G selecting from a 10K (Peachtree Qualifier), 5K or Tot Trot course beginning at St. Andrews Presbyterian Church in Tucker, located just outside the perimeter.

Awards will be presented to the top three overall runners as well as runners in various age groups.

Register online at:

ACTIVE

Plan to attend the pre-race Spaghetti Dinner on Friday, September 27th at 6:30 p.m.

For all race information including directions, registration and sponsorship, please go to www.r4gATL.org or contact Susan Phillips at 404-273-8750