

Featuring the 5K Cow  
Patty Off-Road Race!

10.2K & 5K  
Road Races  
travel through  
Alabama &  
Georgia!

Register Now to **RUN** in the

**SPRING ROAD CHRISTIAN CHURCH**

**FAITH & LEADERSHIP INITIATIVE**

# ALAGA FLI-BY

**2014**

**10.2K 5K 1MI**



## March 29, 2014

10.2K & 5K Road Races, 5K Cow Patty  
Run, & a 1 mile Fun Run

REGISTRATION FORM ON OTHER SIDE

TO REGISTER ONLINE OR FOR MORE INFO VISIT

**WWW.SPRINGROAD.ORG**



# ALaGA FLI-By Run

Spring Road Christian Church

www.springroad.org

1729 Spring Road, Lanett, AL 36863

10.2K begins at 8:00 a.m.

1 mile fun run AND 5K Cow Patty Run both begin at 9:30 a.m.

5 K begins at 10:30 a.m.

3rd Annual

10.2K & 5K Road Races, 5K Cow Patty

Off-road Race, 1 Mile Fun Run/Walk

Saturday, March 29, 2014

The ALaGA FLI-By Run funds the Faith and Leadership Initiative FLI, a Christ-centered Internship, committed to developing college students into Kingdom leaders within the Church and the community. It is the core value of FLI that nurturing the whole person and his/her gifts in an atmosphere of creativity, excellence, and Biblical integrity will produce influential and Godly leaders not only in the Church but also within the business community, all levels of government, public service and the family.

**THE COURSE:** 1 Mile Fun Run is fairly flat. 10.2K and 5K road races will run from Alabama to Georgia and back to Alabama. The 5K course is mostly level with one major hill, the 10.2K is mostly level with two major hills. The 5K Cow Patty Run is hilly, off-road, & scenic. Watch your step! Both the 5K Cow Patty Run and the two road races (5K and 10.2K) will be chip timed. The 1 Mile Fun Run will not be timed.

**DIRECTIONS TO RACE:** From I-85 take Exit 2 onto Hwy 18. Continue west on Hwy 18 until you cross over the Rail Road Tracks. At the traffic light take a right onto 3rd Ave. At the intersection of 3rd Ave and 10th St. turn left onto 10th St. 10th St. will become N. 18th St. Travel approximately 1.5 miles. SRCC will be on the left, at the corner of N. 18th and Spring Road.

**AWARDS:** Awards will be given out to the top three male and female runners in each age group: 9-under, 10-15, 16-24, 25-34, 35-44, 45-54, 55-64, 65 and over, overall male and female winner, and a master 40+ male and female winner.

**REGISTRATION INFORMATION:** Entry fee for 1 Mile Fun Run/Walk is \$10.00; Single 5K, 10.2K, or 5K Cow Patty Race is \$20.00; Two timed races is \$30.00; Three timed races is \$40.00. Pre-registration deadline is Wednesday, March 19<sup>th</sup>. Forms can be printed and mailed to the church office or completed online at www.springroad.org. Please add \$5 to any registrations made after 3/19.

10.2 K begins at 8:00 a.m., 1 mile fun run & 5K Cow Patty Run both begin at 9:30 a.m., and 5 K begins at 10:30 a.m. **All times are Eastern Standard Time.** Awards will be given following the 5K road race. Each pre-registered entrant (by 3/19) receives a tech T-shirt (race day entrants will receive a shirt until we run out) and goody bag. Entrants running in multiple races will receive one shirt only.

NAME \_\_\_\_\_ PHONE # \_\_\_\_\_

EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE ON 3/29/14 \_\_\_\_\_ SEX: MALE / FEMALE

**Circle One**

T-Shirt Size: YS YM YL S M L XL XXL Race(s) you plan to run: 1 mile / 5 K / 10.2 K / 5K Cow Patty Run

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able. In consideration of your accepting my entry, I assume all risks associated with running in this event, including but not limited to falls, contact with participants, effects of the weather, conditions of the road, all such risks begin unknown by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I hereby waive and release Spring Road Christian Church, the ALaGa FLI-By organizers, all sponsors, their representatives, and successors from any liabilities of any kind arising out of my participation in this event. I grant permission to the foregoing to use any photographs, motion pictures or any other record of this event for any legitimate purpose. No dogs or other animals allowed.

DATE \_\_\_\_\_ SIGNATURE (PARENT OR GUARDIAN IF UNDER 18) \_\_\_\_\_

Check should be made to: Spring Road Christian Church  
Mail to: SRCC ALaGA FLI-By  
1729 Spring Road  
Lanett, AL 36863

Entry Amount: \$ \_\_\_\_\_  
Phantom Runner: Y / N  
Phantom runners are people who support the race and want a t-shirt, but do not wish to run.

Additional donations \$ \_\_\_\_\_

\*Additional donations are tax deductible and a letter will be sent to you indication your donation.

For more information contact us at alagafliby@springroad.org or call 334-644-2611