



Be Prepared 5K

Saturday, March 19, 2016

8:00 am



Race Location: Lake Russell Recreation Area, National Forest, Mt. Airy GA

Directions: Take Ga 365/U.S. 23 North from Gainesville past Cornelia to Hwy 197. Turn right for approximately 3 miles until dead-end. Right on Dicks Hill Parkway for approx. 3/4 mile. Turn left onto the paved Lake Russell Road.

Course Description: Lake Russell, Nancytown Lake camping areas. Paved roads, out and back course.

Awards: Overall and Masters male and female receive special awards. Awards will be given to the top three finishers male and female in groups from 10 and under to 70 and older.

Proceeds: Benefit Boy Scout activities, including summer camps.

Entry Cost information: Cost is \$25 before March 5, 2016, \$30 thereafter and on race day. T-shirts guaranteed to all pre-registered before 3/5/16. A limited number of shirts will be available on race day. Registration fees are non-refundable. Phantom runner (Doesn't run but gets T-shirt) is \$25.

Other Information: Timing by AAA Race Services and will be part of the 2016 AAA Health Series Grand Prix.

Contact: Christy Cunningham at (706)499-9438, email- 71chipmunk@gmail.com

Make Checks to: Be Prepared 5k and mail to: P O Box 1795, Clarkesville, GA 30523

Website: Race forms are also available online at active.com & aaaraceservices.com. Results will be posted at same.

-----Detach here -----

Be Prepared 5K Race ENTRY FORM 3/19/2016 PLEASE PRINT LEGIBLY

Name _____ Sex _____ Age _____

Address _____

City, State Zip _____

Phone _____ E-mail _____

SHIRT SIZE (circle One) SM M L XL XXL 5K _____ Phantom 5K _____

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ Date _____

Parent or Guardian if under 18 _____