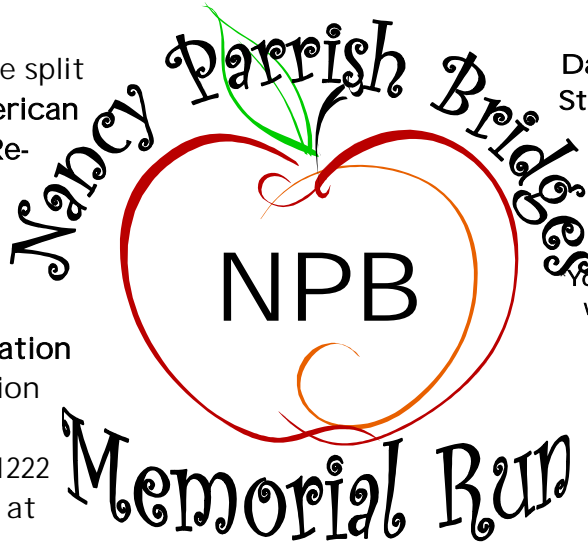


**Proceeds**  
 All proceeds will be split between The American Cancer Society's Relay for Life & The Muscular Dystrophy Association

**Contact Information**  
 For more information contact Susannah Herzog at 229.938.1222 or Paula Paquette at 229.322.0914.

**Directions:**  
 From I-75, take Exit 101. Go West on Hwy 280. Turn left at 3rd traffic light. Go South and turn left at the next light. Crisp County Middle School is on your right.



5 & 10.5K

Cordele, GA

**RUN & SEE GEORGIA**



Since 1989  
[www.georgiarunner.com](http://www.georgiarunner.com)

**General Information:**

**Date:** Saturday April 3, 2010  
**Start Time:** 8:00 am-5 & 10.5K  
 10:00 am-Fun Run  
**Entry Fees:** \$20 Adults;  
 \$25 after March 23rd  
 \$10 Youth (14 & under)  
 You may compete in both races, we will do 5K first and then 10.5K\*

**\*No Refunds\***

Pre-registration guarantees shirt on race day.

**Prizes:**

**10.5K & 5K**

Top 3 male & female in the following age groups:  
 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over

**S a t u r d a y , A p r i l 3 , 2 0 1 0**  
**C r i s p C o u n t y M i d d l e S c h o o l**  
**C o r d e l e , G A**

<p><u>Ways to register:</u>          Phone: 229-938-1222          229-322-0914          Email: <a href="mailto:sherzog@crisp.k12.ga.us">sherzog@crisp.k12.ga.us</a>  <a href="mailto:ppaquette@crisp.k12.ga.us">ppaquette@crisp.k12.ga.us</a></p> <p>Mail registration form to:          Susannah Herzog          1321 24th Ave E          Cordele, GA 31015</p> <p>Checks payable to CCMS</p>	<p>Name _____</p> <p>Address: _____</p> <p>City, State, Zip: _____</p> <p>Sex _____ Age _____</p> <p>T-Shirt Size          Adult: S M L XL 2X          Child: S M L</p>	<p><input type="checkbox"/> 10.5 K  <input type="checkbox"/> 5 K  <input type="checkbox"/> Fun Run</p> <p>Waiver: In consideration of my acceptance of this entry, I hereby for myself, my heirs and assigns, waiver any and all claims I may have against Crisp County Middle School staff, all sponsors, and the representatives for any and all injuries by me in the said event. I attest that I am physically fit and trained for the event.</p> <p>Signature: _____</p> <p>Signature of Parent/Guardian (if under 18): _____</p>
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