

1st Annual Lt. Col.(Ret.) Melvin T. Ingram Memorial 5K Run/Walk

Saturday, May 26, 2012
8:00am

Baldwin Board of Education facility
110 North ABC Street
Milledgeville, GA 31061



FIRST ANNUAL MEMORIAL 5K FAMILY RUN/WALK
SATURDAY, MAY 26, 2012

About the Race: Come join the Ingram family in honoring the memory of Lieutenant Colonel (Ret) Melvin T. Ingram, USMC. The run/walk will help raise awareness of cardiovascular disease and money for the Willie R. (Bill) Ingram and Lt. Col. (Ret.) Melvin T. (Mel T.) Ingram, USMC Scholarship.

Course: The 5K will start in the BOE parking lot and will finish at the stadium field house entrance. The course is a gently rolling 1 ½ loop course run entirely on school complex paved roads.

Awards: Overall Male/Female, Masters Male/Female and top three male/female runners in 5 year age groups beginning at 10 and under through 75 and over.

Goodies: T-shirts are guaranteed to all pre-registered participants and as supplies last for race day participants. Plenty of refreshments will be available after the race.

Registration: Registration will take place at Baldwin County Board of Education, 110 North ABC Street, Milledgeville, GA 31061. Registration is \$20.00 prior to May 15, 2012 and \$25.00 afterwards until race day. Registration is also available online at www.active.com.



Information: Contact Carole Black at Classic Race Services (706) 680-7223 , classicraceservices@gmail.com or Meltingram.com

One entry per form – Please

Make checks payable to: Ingram Memorial 5K
Mail completed applications to:



Ingram Memorial 5K
Classic Race Services
1860 Barnett Shoals Road, Ste 103-498, Athens, GA 30605



NAME: _____ DOB _____ AGE _____

ADDRESS: _____ GENDER: M F

CITY: _____ ST: _____ ZIP: _____

SHIRT SIZE: S M L XL XXL E-MAIL: _____

Waiver: I hereby release the hosts, sponsors, volunteers, and officials of the Lt. Col. (Ret) Melvin T. Ingram, USMC Memorial 5K Run/Walk from all claims of injury or damages resulting in my participation in said event. I realize this is a strenuous event and I am in proper physical condition to participate.

Signature (under 18, parent or guardian) _____ Date: _____