

Cougars Run Wild 5k

Saturday, April 18th, 2015

Gray, Georgia

8:00 a.m

Awards: Trophies will be given to the first place overall male and female, awards to the top three finishers in the following age groups: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over

Course: Race will begin and end in the Gray Family Health parking lot in Gray, across from Ingles.

Information: contact Trey Smith (706) 819-9418 or email at treysmith@jones.k12.ga.us or

Rebecca Busbee at rbusbee@jones.k12.ga.us or Charm Pace at cpace@jones.k12.ga.us

Location: The Gray Family Health building is on Gray Hwy, next to Walgreens, across from Ingles in Gray, GA

Registration/Entry Fees: \$15 preregistration postmarked by April 9th; \$20 on race day; checks payable to: Clifton Ridge Middle School; mail to 322 Graystone Pointe Dr. Macon, GA 31211 attn: Trey Smith

Race Day registration: 7:00 am to 7:55 am, Gray Family Health parking lot

T-Shirts: shirts are guaranteed to preregistered runners; while supplies last to those registering on race day

****Proceeds will go to Clifton Ridge Middle School to help pay for behavior incentives for our students*

Last name _____ First name _____
Check one: Male ___ Female ___ Age: _____ Phone No. (____) _____
Email: _____
Address: _____
city: _____ state _____ zip _____

T-Shirt size:
(circle one)
YM YL
AS AM AL
AXL AXXL

Waiver:

For and in consideration of the acceptance of my entry, I agree and certify that I am in proper physical condition to participate in the event which I have entered, and further agree that the sponsors, organizers, promoters, directors, or persons connected with the event are under no obligation to provide physical examination or other evidence of my fitness to participate in such event. I assume all risk associated with participating in this event, including but not limited to the weather (to include high heat and humidity), condition of the road and other race area surfaces, falls, collisions, motor vehicle traffic, and the conduct of spectators and other runners. I hereby for myself, my heirs, my administrators, and executors forever waive, release and discharge the City of Gray and Jones County, Gray Family Health, Clifton Ridge Middle School, Jones County School System, race directors, officers, members, sponsors, all officials, participants, organizers, planners, and volunteers for any injuries sustained or arising out of my association with, entry in, or participation in the race and any pre-, post-or other race-related activities. I agree to abide by all instructions from all race officials.

Signature of Participant: _____ Date: _____

(Parent or guardian must sign if participant is under 18 years of age)