



Heart of Georgia Humane Society
5K Run/Walk
April 23, 2016 at 8:30 a.m.
Ocmulgee Indian Mounds
1207 Emery Highway in Macon
Organized by: Daniel Hicks, Eagle Scout project

Race Day Registration/Check-in: Check-in starts at 7:30 a.m. Race starts at 8:30 a.m.
Registration Fee: \$20 Pre-registration by Wednesday April 20th at noon
\$25 day of the race

T-shirts: guaranteed short-sleeve cotton T-shirt if pre-registered. Otherwise, while supplies last.
Awards/prizes: Top male and female overall and masters. 3 deep for 10 and under then 5 year age brackets up to 65 and older.

More information: Event is rain or shine. No refunds. All proceeds go to Heart of Georgia Humane Society. [Online registration is available at racerpal.com](http://racerpal.com) and through macontracks.org

Last name _____ First name _____
Check one: Male Female Age: _____
Phone No. (_____) _____ Email: _____
Address: _____
City: _____ State _____ Zip _____

T-shirt size (circle one): YS YM YL AS AM AL XL

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 Ocmulgee Indian Mounds and Heart of Georgia Humane Society, 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)

Make checks payable to:
Heart of Georgia Humane Society

And mail to:

P.O. Box 417
Milledgeville, GA 31059