



**4th Annual
Alana “Bug” Land
5k and “memory
walk”
December 17th, 2016**

Schedule of events: Registration begins at 7:30 am. Alana Land 5-K starts 8:30 am. The memory walk begins at 9:30 am. The 5K and Memory walk will take place at the Jones County High School Football field parking area.

Awards will be given to the first overall male/female, overall Master’s male/female. **ALL proceeds, 100% will go towards building the Jones county playground for disabled children. This is a great cause, a cause that we know Alana would be proud of.** Please help us support this cause...

PLEASE COMPLETE ONE (1) FORM PER PARTICIPANT:

Name: _____ Age: _____ M/F: _____

Address: _____ Email: _____

Phone #: _____

\$ 25.00 for the 5k and \$20.00 for the memory walk. **Mail to Thomas Goss 136 Stonegables Dr Gray Ga. 31032**, Race day registration \$30.00

T Shirt Size (Circle One) YS YM YL S M L XL XXL, Race day registrations will receive the Alana Land T-shirt while supplies last.....

Online registration at www.macontracks.org Early registration ends December 12, 2016

Please make checks payable to : Jones County, “in comments” **disabled children playground**

Questions: email Thomas Goss runningmafia.tgoss@gmail.com

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against the committee members, sponsors, organizers, coordinating groups and individuals associated with this event and will hold them harmless from any injury suffered in this event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I understand that road racing is a potentially hazardous activity. I verify that I am physically fit to participate in this event. In addition, I grant permission to all of the of the foregoing to use any photographs, motion pictures, videos or any other recordings of this event for reporting, advertising, or any other legitimate purpose without written or verbal consent.

Signature (Parent’s if under 18) _____

Date _____