

Family Worship Center of Cairo

Presents its

4th Annual Missionette 5K/10K

Extraordinary Run

USATF CERTIFICATION 5K: GA09002WC; 10K: GA09001WC

Saturday, May 15, 2010

Cairo, Georgia

Race: The 5K course is a loop with some rolling hills. The 10K course follows the 5K course and then is an out and back for completion.

Time: 8:00 AM (Race day registration begins at 7:30 AM)

Place: Event will begin and end at the Family Worship Center of Cairo, 1400 S. Broad St, 39828

Awards: Awards for overall male and female; Awards to the top 3 in each age group. Age groups in male & female for 5K: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69; 10K age groups: 11-19, 20-30, 31-40, 41-50, 51-60; 61-70; ribbons to all children ages 10 and under in 5K or 10K. Master's awards

Entry Fee: \$15 prior to 5/5/10 with t-shirt, \$18 late registration, \$10.00 no t-shirt option prior to 5/5/10; \$12.00 after 5/5/10

Each pre-registered entrant in the 5K/10K is guaranteed a distinctive t-shirt

Registration: Mail check and this Entry Form to: Katina Stewart, P. O. Box 402, Cairo GA 39828. Please make checks payable to: Family Worship Center. (229) 378-0970

ENTRY FORM

Male _____ Female _____

T-Shirt Size: YM, S, M, Lg, XL

5K OR 10K (Circle one)

Name: _____ Birthdate: _____ Age on Race day (5/15/10): _____

Address: _____ City: _____ State: _____ Zip _____

Phone: _____ E-mail: _____

For and in consideration of the acceptance of my entry in the Missionette 5K/10K to be held on May 15, 2010, I agree and certify that I am physically fit, have sufficiently trained for, and am physically capable to participate in the 3.125/6.2 mile event. I understand that participation in this race is an inherently dangerous activity and that risks of participation include, but are not limited to, death and serious bodily injury. I assume all risks associated with participating in this event, including but not limited to, the weather, conditions of the road and other race area surfaces, falls, collisions, motor vehicle traffic, and the conduct of spectators and other runners. For myself, my heirs, my administrators and executors, I hereby forever waive, release and discharge the Family Worship Center., its directors, officers and members, the City of Cairo, Georgia and all of its various departments and employees and officials including all race sponsors, officials, participants, organizers, planners, volunteers from any injuries sustained arising out of my association with, entry in, or participation in this road race and any pre-, post-, or other race related activities.

SIGNATURE PARENT'S SIGNATURE IF UNDER 18 YEARS (IN ADDITION TO RUNNER'S SIGNATURE)

Date