



RUN FOR YOUR LIFE 5K AND 1 MILE FAMILY FUN RUN/WALK

6TH ANNUAL FAMILY LIFE CENTER 5K REGISTRATION SATURDAY, OCTOBER 16TH, 2010

Time: Registration 8am-9am
Race begins at 9am

Location: Laurel Park

Pre-reg. by Oct. 7 Cost: \$20/adult, \$15/under 18

Reg. after Oct. 7: \$25/adult, \$20/under 18

Pre-Reg. for Families w/ kids 12 & under: \$25

Pre-Registration must be received by Oct. 7, 2010

T-Shirts: Pre-registered participants will receive a T-shirt.
Childcare & children's activities provided.

Directions: Laurel Park is located off US 129 (Cleveland HWY) north of Gainesville. From I-985 (north or south) take Exit 24 and follow the signs to stay on US 129 North. Cross bridge over Lake Lanier, go approximately 1 mile and look for signs to Laurel Park on your right at New Bridge Baptist Church.

Refreshments: There will be great snacks and plenty to drink for everyone!

Awards: There will be cash prizes awarded to the top Male and Female finishers.

Top male and female finishers in age divisions will receive prizes.

Age Divisions: Child (12 & under), Teen(13-15, 16-19), 20-29, 30-39, 40-49, 50-59, 60-69, 70+

All children 12 and under will receive recognition.

Pets and strollers are welcome on the Family Fun Run! Bring your pets to play!

Free Training Program for beginner runners!!!!

Couch Potato to 5K...in 9 weeks

If you've never run before or it's been awhile this is for you. Join us at our Couch Potato to 5K Kickoff on August 9 at 6:00pm at the Family Life Center.

This coached program starts with alternating small running intervals and slowly builds to a 5K run.

Group training days are Mondays, Tuesdays, and Thursdays at 6:30pm (August 9-October 16).

Call 770-535-0478 or visit us on Facebook to sign up for this free program.

FAMILY LIFE CENTER, 751 GREEN ST., GAINESVILLE, GA 30501 770-535-0478

PLEASE RETURN THIS PORTION WITH YOUR REGISTRATION FEE TO THE:
FAMILY LIFE CENTER, 751 GREEN ST. NW, GAINESVILLE, GA 30501

NAME: _____ AGE (AS OF OCT. 16): _____ SEX: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

EVENT: 5k RUNNER _____ 1 MILE FUN RUN: _____ SPIRIT RUNNER: _____

T-SHIRT SIZE (PLEASE CIRCLE ONE): CHILD SIZES: Youth Small Youth Med Youth Large
ADULT SIZES: S M L XL XXL

Only pre-registration guarantees shirt size.

In consideration of this entry, I waive all claims for myself and my heirs against any race official, the FLC or First Baptist, or any volunteer for injury or illness which may directly or indirectly result from participation in this event. I further state that I am in proper physical condition to participate and grant officials permission to use photos of the event for any legitimate purpose.

Signed: _____ Date: _____

Signature of parent or guardian if participant is under 18: _____