

November 16, 2013  
PELHAM, GA  
2013 Family Fun & Fitness Challenge

Rain or Shine

5K Run, 1 Mile Fun Run, Mud & Obstacle Challenge, and other events listed below  
Hosted by the Pelham Chamber of Commerce, Camp Charis, and the Pelham City Middle School FFA

Finish Line Services presented by A Course/Line, LLC of Valdosta

Race Day Registration begins at 7:30AM

Start Times: 5K run-9:00AM, 1Mile Fun Run-10:00AM

Mud&Obstacle Challenge for ages 13&up-10:30AM



\*Bathroom facilities with Showers will be open! Bring your towel!

Location: Camp Charis 3574 Spence Road Pelham, GA 31779

Course Description: The course trails through planted pines and out by the lake!

Entry Fees: Registration for ages 12& up is \$10.00 for 1 event, plus \$5.00 for each additional event; Under age 12-\$5.00, plus \$5.00 for each additional event

**\*\*If you want a T-SHIRT you must register by October 31<sup>st</sup> and add \$10.00 to the registration fee for the t-shirt option**

Entry Forms may be mailed to: Pelham Chamber of Commerce P.O. Box 151 Pelham, GA 31779 or e-mail to [carolshiver430@gmail.com](mailto:carolshiver430@gmail.com) Make checks payable to the Pelham Chamber of Commerce

For more information about the 5K, 1Mile Fun Run, Mud & Obstacle Challenge, contact Carol Shiver at 229-328-6147 or 229-294-2341 or by e-mail at [carolshiver430@gmail.com](mailto:carolshiver430@gmail.com) .

Awards: 5K-Overall Male/female winners, Male/Female Masters winners and the top three male/female in the following age divisions: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Fun Run-top three in the following age divisions: 9&under, 10-19, 20+

Mud & Obstacle Challenge-Overall Male/Female winners, top two winners in the following age divisions  
13-19, 20-39, 40+

**\*\*\*SPORTSMAN OF THE DAY GRAND PRIZE-\$100**

Earn more points by competing in more events. The person with the most points at the end of the day wins \$100 and the title: Sportsman of the Day. **Register by October 31<sup>st</sup> and receive 10 points to get started!**

Schedule of other events for the day are: Pancake breakfast>8:00-10:00AM--\$4.00; Fishing Rodeo>8:00-11:00AM; Septathlon->9:30-11:30AM- includes seven competitions over a timed course including golf, Frisbee golf, Kayak race, Free throw, Corn-hole, Water balloon launch, Football throw; Photo Treasure Hunt>10:00AM-12:00PM

For more information on other events of the day, contact Justin Sealy by e-mail at [pelhammiddleffa@gmail.com](mailto:pelhammiddleffa@gmail.com) or visit [www.pelhammiddleffa.com](http://www.pelhammiddleffa.com)

Camp Canteen will be open 11:00AM-12:30PM for lunch combo-\$5.00

12:30PM-Awards Ceremony for the Day's Events

**Important:** Please complete the entry form and waiver on the back of this flyer!!!!



**November 16, 2013**  
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**2013 Family Fun & Fitness Challenge**  
5K Run, 1 Mile Fun Run, Mud & Obstacle Challenge

**Please print and complete the entry form below:**

**If you chose the t-shirt option, please indicate T-shirt size:** S\_\_ M\_\_ L\_\_ XL\_\_ XXL\_\_ Adult\_\_  
Youth\_\_

**Please mark the event/events that you will participate in:** 5K\_\_ 1Mile\_\_ Mud&Obstacle Challenge\_\_

**Name:** \_\_\_\_\_ **Age on Race Day:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Gender:** M\_\_ F\_\_

**City, State, Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Emergency Contact Name & Phone:** \_\_\_\_\_

**The following Waiver must be read and signed before participation:**

BY MY SIGNATURE I ACKNOWLEDGE THAT: I know that participating in a race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with participating in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the race course, all such risks being known and appreciated by me. I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Pelham Chamber of Commerce, Inc., Camp Charis, Pelham Middle School FFA and Family Fun & Fitness Challenge 2013, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I also understand that a race may be run in adverse weather conditions and that there will be no refunds due to my withdrawal from or non-participation in a race, or due to cancellation or postponement of a race for any reason, including weather, acts of God, or other factors outside the control of race management.

\_\_\_\_\_  
Your Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature (if under 18 years of age)

\_\_\_\_\_  
Date