

# Family Worship Center of Cairo

Presents its

## 7<sup>th</sup> Annual Missionette 5K/10K

### Extraordinary Run for Education

USATF CERTIFICATION 5K: GA09002WC; 10K: GA09001WC

**Saturday, May 18, 2013**

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 6:30 am to 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: 13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69; 70+; 10K age groups: 13 and under, 14-19, 20-30, 31-40, 41-50, 51-60; 61-70; 71+

**Entry Fee:** \$15 prior to 5/1/13 ; \$20 after 5/1/13, \$10.00 no shirt option prior to 5/1/13; \$15.00 after 5/1/13. Each pre-registered entrant in the 5K/10K is guaranteed a distinctive running 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. Questions may be emailed to [missionetterun@yahoo.com](mailto:missionetterun@yahoo.com) or check out our Facebook page, Missionette M pact Run!

**ENTRY FORM** Male \_\_\_\_\_ Female\_\_ YS YM YL AS AM AL XL (Circle one)

5K OR 10K (Circle one)

**SCHOOL NAME:** \_\_\_\_\_ (You must pre-register in order for your participation to count towards your school's participation.)

**GROUP NAME:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_ **Age on Race day (5/18/13):** \_\_\_\_\_

**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 18, 2013, 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