



the cottage

sexual assault center & children's advocacy center

Is Proud to Announce:

# The Cottage 5K Run/Walk

## & 1 Mile Family Fun Run

Sunday, March 29, 2009 – 2:30PM – Sandy Creek Park – Athens, GA

Come join us at Sandy Creek Park, 400 Bob Holman Road, Athens, GA 30607, for the Inaugural Cottage 5K and Family Fun Run. The course will be run entirely on paved streets within the boundaries of Sandy Creek Park. **The Family Fun Run will begin at 2:30PM and the 5K will begin at 3:00PM.** Registration will open at 1:30PM at the Community Building. Proceeds from the race will benefit The Cottage Sexual Assault Center and Children's Advocacy Center. For more information on these projects, visit [www.TheCottage5K.com](http://www.TheCottage5K.com).

**REGISTRATION:** \$15.00 by 3/20/09, \$20.00 from 3/21/09 through race day. Family Rate of \$50.00 is available for pre-registration only. There is also a no shirt option of \$12.00. Phantom Runner status is available for \$20.00 for those who want to support the race, but are unable to attend. Phantom Runner shirts will be mailed to the address on your registration form. Registration is also available at [www.active.com](http://www.active.com). Short sleeved shirts will be guaranteed to all pre-registered participants and as supplies last on race day.

**AWARDS:** Awards will be given to Overall M/F, Masters M/F, and top three M/F in age groups beginning 10 and under through 75 and over. All participants in the 1 Mile Fun Run will receive ribbons. Finish line management provided by Classic Race Services with complete results posted online at [www.active.com](http://www.active.com), [www.runningintheusa.com](http://www.runningintheusa.com), and [www.coolrunning.com](http://www.coolrunning.com).

**INFORMATION:** For additional information, please contact Shannon Chen at (706) 340-1162 or Will Chamberlin, Classic Race Services, at (706) 796-6593 or [gwillc@bellsouth.net](mailto:gwillc@bellsouth.net).



Make checks payable and mail to:  
The Cottage  
3019 Lexington Road  
Athens, GA 30605



-----PLEASE PRINT ALL INFORMATION – ONE ENTRY PER FORM-----

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ DOB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ M F

CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_ 5K 1 MILE

SHIRT SIZE: YS YM S M L XL XXL NO SHIRT AMOUNT ENCLOSED: \_\_\_\_\_

**PHANTOM RUNNER** – I want to support the cause, but will be unable to attend. (\$20.00, includes t-shirt)

**WAIVER:** In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against The Cottage, employees, volunteers, sponsors, and Sandy Creek Park for injury or illness which directly or indirectly results from my participation in this event. I further state that I am in the proper physical condition to participate in an event of this nature.

SIGNATURE (under 18, parent or guardian)

DATE