



MILTON BOYS LACROSSE
Presents

"RUN FOR COVER" 5K RUN

3:00 PM Race Start
Milton High School – Milton, GA
Sunday – January 15, 2012



www.classicraceservices.com



All participants are requested to bring an article of winter clothing and/or one non-perishable food item for donation to the North Fulton Community Charity.

WHEN/WHERE: Sunday, January 15, 2012 - Start time for the race is 3:00PM. Start/Finish is located at the Milton High School Football stadium parking area, 13025 Birmingham Hwy, Milton, GA 30004.

COURSE: The course will be the "Colt Trail". A loop around Milton High School and on paved streets including Freemanville Rd.

AWARDS: Awards will be presented to Overall Male/Female, Masters Male/Female, and top three Male/Female in age groups beginning 10 and under through 75 and over.

RAFFLE: There will be a \$250 restaurant gift card basket available to all runners. Participants will submit their entry at their choice of participating Crabapple restaurants following the race. We will collect all raffle entries at 6:00 and the winner contacted on Monday morning. One ticket is included with entry fee and additional tickets can be purchased below or on race day for \$5.00 each.

REGISTRATION: \$20.00 by Sunday, January 1, 2011, \$25.00 afterwards to race day. All pre-registered participants will be guaranteed a shirt, and as supply lasts on race day. There is a family/team rate of \$60.00 pre-registered only (limit of 4). Registration is available at www.active.com or www.MiltonEaglesLax.com. Registration will open at 12:00AM on race day.

**Checks should be made out to Milton Boys Lacrosse and mailed to:
Run for Cover, c/o Bob Skelton, 930 Davis Bend, Alpharetta, GA 30004**

AFTER RACE CELEBRATION ON CRABAPPLE: Starting after the race come relax and refuel at our great Crabapple restaurants and visit our local shops.

PROCEEDS: The proceeds from the race will benefit the Milton High School Boys Lacrosse program, in addition to providing clothing and food donations to North Fulton Community Charities.

INFORMATON: For more information, please contact Ellen Maurer at 404-509-2105 or MiltonLaxComm@Bellsouth.net.



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"RUN FOR COVER"

5K RUN

REGISTRATION FORM

(Please print legibly, detach and mail in with your check)



NAME: _____ GROUP/CLUB _____

DOB: _____ AGE _____ MALE/FEMALE _____

E-MAIL ADDRESS _____

STREET: _____ CITY _____ ST _____ ZIP _____

PHONE NUMBER _____

CIRCLE SHIRT SIZE (CHILDRENS L ____, ADULT S ____, M ____, L ____, XL ____)

For groups/teams include quantities for each size

SELECT CATEGORY (____ 5K RUN \$20, \$25 after 1/7) (____ TEAM \$60/4) (____ RAFFLE TIX \$5)

Checks should be made out to Milton Boys Lacrosse and mailed to Run for Cover, c/o Bob Skelton, 930 Davis Bend, Alpharetta, GA 30004

WAIVER: In consideration of acceptance of this entry, I hereby waive any and all claims for myself and my heirs against the organizers, sponsors, officials, the City of Milton, and any other persons associated with the "Run for Cover" even. I further state that I am in proper physical condition to participate in this event. I also grant my name and/or picture to be used in any media outlet regarding this event.

Signature: _____ Date: _____

Please visit our sponsors for the after race celebration and raffle

