

Christmas Parade Run

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SATURDAY, DECEMBER 5, 2009

RACE: This 5K race is one of this area's most exciting and fun races. Runners are cheered on by thousands of spectators on hand for the annual Christmas Parade through Downtown Douglas.

TIME AND PLACE: 5:45 p.m. (race day registration 5:00 p.m.) at the City of Douglas Parking Lot on South Peterson Avenue between SunTrust Bank and The Fern Bank. (Because of the parade, cars with runners must enter this parking lot from Columbia Avenue, which is one street west of South Peterson Avenue.) An awards ceremony with refreshments will be held at The Fern Bank.

ENTRY FORM

Male _____ Female _____

T-Shirt Size: XL L M S

Name: _____

Check only **ONE** box. Check either your race day age

Address: _____

13 & under 14-19 20-29 30-39

40-49 50-59 60 & over

Phone: _____

or you may elect to compete in the Santa Claus Division

E-mail: _____

Santa Claus Division (males 225 pounds and over)

Entry Fee: \$15. Make check payable to and mail or bring to **South Georgia Track Club, 319 East Ashley Street, Douglas, GA 31533-5301.** If you have any questions, contact Race Director Coach C.M. Jenkins at 912-393-4617 or Sid Cottingham at 912-384-1616.

For and in consideration of the acceptance of my entry in the Christmas Parade Run to be held on December 5, 2009, I agree and certify that I am physically fit, have sufficiently trained for, and am physically capable to participate in this 3.125 mile road race event. I understand that participation in this race involves strenuous 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, estate, administrators, and executors (and my child if applicable), I hereby forever waive, release, and discharge **South Georgia Track Club, Ltd.** and its directors, officers, and members, the **City of Douglas** and all of its various departments and employees and officials, **Coffee County** and the **Coffee County Sheriff's Department**, and all race sponsors, officials, participants, organizers, planners, and volunteers from my death or any illness or injuries sustained or arising out of my association with, entry in, or participation in this race and any pre-race, post-race, or other race related activities.

DATE

SIGNATURE

AND PARENT'S SIGNATURE IF UNDER 18

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