



31st ANNUAL OKEFENOKEE SWAMP RUN 10K

Saturday, March 22, 2008, 9:00 a.m. -Waycross, GA
SPONSORED BY WAYCROSS JOURNAL-HERALD, WAYCROSS BANK & TRUST,
PRIMESOUTH BANK AND OKEFENOKEE TECHNICAL COLLEGE

Where - Laura S. Walker State Park located 8 miles east of Waycross on State HWY 177 which runs between US 1 (Jacksonville HWY) and US 84 (Brunswick HWY). *(There is a \$3 parking fee into park.)*

Awards - Top male and female finishers: OVERALL, MASTERS, GRAND MASTERS (Over 50) and GREAT GRAND-MASTERS (over 60). TOP 5 in age groups!

RACE RESULTS WILL BE POSTED AS EACH RUNNER FINISHES!

NO WAITING FOR RESULTS! UNIQUE AWARDS!

WALKERS ARE WELCOME!

Entry Fees - 10K: \$10 pre-registration/\$13 race day. *(Separate entry form for 1-mile Fun Run.)*

Race Information Contact - Contact Ron Crosby at 912-282-0703 or Ken McQuaig at 912-285-7748 or e-mail rdcrosby@wayxcable.com. Pick up entry forms at Waycross YMCA on Plant Avenue, Waycross Journal-Herald, Okefenokee Technical College or Powerhouse Gym.

Pre-registration - Make checks payable to Okefenokee Track Club @ P.O. Box 3-Waycross, GA 31502 or drop off at the Waycross YMCA. Deadline for pre-registration is March 17, 2008.

Guaranteed T-shirt sizes for pre-registrants. Race day registration starts at 7:30 AM!

Post Race - Pancake breakfast for all runners and supporters!

(Park has camping & rustic cabins. Great park for biking, boating & kayaking. Golf course also located near park.)

**The course will be partially on trails, a cross-country swamp adventure!
(weather-permitting)**

Registration & pancake breakfast will be in Shelter #4 by the lake.

PLEASE E-MAIL THIS FORM TO FELLOW RUNNERS!

Entry form may be duplicated. Be sure to give E-MAIL ADDRESS for race results. Your address will only be used in connection with Okefenokee Race information.

E-Mail (For race results) _____

Name _____ Race Day Age _____ Sex (M) _____ (F) _____

Street _____ City _____ State _____ Zip _____

T-shirt size: Adult Sm _____ Md _____ Lg _____ X-Lg _____ XX-Lg _____

Waiver: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against the officials, sponsors, and volunteers of the Okefenokee Swamp Run 10K and 1 mile fun run for injuries or illnesses which may directly or indirectly result from my/my minor child's participation in this event. I further state that I am/my minor child is in proper physical condition to participate in this event.

Signature Date Parent or Guardian (if under 18)