



# Feeding the Valley Presents: The Outrun Hunger 5K & Fun Run

Together we can solve hunger.

**Saturday 8AM, April 1st, 2017**  
**At Feeding the Valley Food Bank's new location:**  
**6744 Flat Rock Road, Midland, GA, 31820**

Please bring a non-perishable food item  
 and join us for an open house and kids events.

**ENTRY FEE**

**5K:** \$19.95 per person through February 12th  
 \$26 February 13th - March 12th  
 \$30 March 13th-March 31st  
 \$35 Day of the Race

**Fun Run:** \$15

(All registrations before **March 24th** guaranteed a T-shirt.)

**SCHEDULE OF EVENTS**

7:00 AM Race Day Registration & Packet Pick Up  
 8:00 AM 5K Starts  
 9:00 AM Fun Run Starts

**AWARDS**

Medals and Finishers cups given to top overall male & female finishers as well as male and female master winners. Also medals for the top 3 finishers in the following age groups for male and female: 10& under, 11-15, 16-20, 21-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-60, 61-65, 66+

**PURPOSE**

Proceeds from this event benefit Feeding the Valley

**THREE WAYS TO REGISTER**

- \* **ONLINE** [www.feedingthevalley5k.com](http://www.feedingthevalley5k.com)
- \* Complete Registration Form and **Mail it to:**

**FTV 5k**  
 2624 Allsborough Way  
 Dacula, GA 30019

- Checks payable to "Fundracers"
- \* **In person** on Race Day

**FOR MORE INFO**

Contact us at [swayne2221@yahoo.com](mailto:swayne2221@yahoo.com)  
 For the latest updates check the website:

**[www.feedingthevalley5k.com](http://www.feedingthevalley5k.com)**

**Feeding the Valley 5K - ENTRY FORM**

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_ **Gender:** Male \_\_\_\_\_ Female \_\_\_\_\_  
**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_  
**Home Phone:** ( ) \_\_\_\_\_ **Age (on 4/1/2017):** \_\_\_\_\_ **Email** \_\_\_\_\_

**Circle One:**      **5K**                      **Fun Run**

**T-shirt or Tank**

**Circle One:** **YS** **YM** **YL** **S** **M** **L** **XL** **XXL (add \$2)** **Tank or T-Shirt**

**WAIVER:** I understand that road racing is a strenuous sport and a potentially hazardous activity, and I state that I am in proper physical condition for this event. I also accept any and all other risks associated with running this event, including, but not limited to falls, contact with other participants, the effects of weather and condition of the roads. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, heirs, executors, administrators or anyone else who might try to claim on my behalf, covenant not to sue, and waive, release and discharge all officials, sponsors, volunteers, Columbus Parks and Recreation, Fundracers, and Feeding the Valley Food Bank from any and all claims of liability for death, personal injury or property damage of any kind or nature arising out of or in the course of my participation in this event. This release and waiver extends to all claims of every kind of nature, foreseen or unforeseen, known or unknown. Minors participation will be accepted only with a parent or guardian's signature. I give full permission for the use of my name and/or picture in any broadcast, telecast, or any other public account of this event. Race Directors reserve the right to reject entries.

**Participant Signature** \_\_\_\_\_



**Community Partner**