



3rd Annual

Flap Jack Jog

5K and Fun Run

August 26, 2017

8:00 a.m.

Start/Finish Line:

Mountain View HS -Lawrenceville, Georgia



All proceeds from this race go to the MVHS Athletics Cheer Team
Post Race Pancake Breakfast Included!!

Awards

Trophies for 1st Place Male and Female Overall Finishers and Masters as well as medals for top three finishers in 5 year increment age categories (10 & under, 11-14 15-19, 20-24, 25-29 etc.. All the way to 65 and up) for male and female.

Registration Cost:

\$22.00

On or before August 20th

\$25.00

after August 20th and day of the event

Family Discount

\$79

family of four

Fun Run

\$15.00

Open to all ages

Three Options to Register

1) Online

www.flapjackjog.com

2) By mail:

Download a registration form at the same website

Mail check (payable to "Fundracers") and completed entry form to:

FlapJack Jog 5K

1886 Woodpoint court

Lawrenceville, Ga 30043

3) In person on race day (day of race registrants are not guaranteed a t-shirt)

First Name: _____ Last Name: _____

Email address: _____ Phone Number: _____

Age on 8/26/2017: _____ Gender: Male Female *Cheerleader who referred you* _____

T-shirt Size: S M L XL 2XL (add \$2) YL YM YS Race 5K _____ Fun Run _____

Waiver – In consideration of this entry, I hereby waive and release any and all rights and claims for damages against The Flap-jack Jog, Mountain View Cheer, Mountain View High School, Gwinnett County School system, Fundracers, its officials, race sponsors, volunteers, as well as any other person connected with their event, and all injuries which I may sustain while taking part in the event or as a result thereof. I certify that I have properly trained for this event and am in physical condition for this event.

Signature: _____

Parent Signature if under 18 _____

www.flapjackjog.com