



Feeding the Valley Presents: The 3rd Annual Outrun Hunger 5K & Fun Run

Together we can solve hunger.

Saturday 8AM, April 6th, 2019
Feeding the Valley Food Bank:
6744 Flat Rock Road, Midland, GA, 31820
 Please bring a non-perishable food item
 and join us for a tour of the facility and kids' events.

ENTRY FEE

5K: \$20 per person through March 3rd
 \$25 March 4th– March 31st
 \$30 April 1st-April 5th
 \$35 Day of the Race

Fun Run: \$15

(All registrations before April 2nd 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
- * 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
 For the latest updates check the website:

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 4/6/2019):** _____ **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 _____

