



MVHS Flap Jack Jog

5K and Fun Run

August 29, 2015

8:00 a.m.

Start/Finish Line:

Mountain View HS -Lawrenceville, Georgia



All proceeds from this race go to the Mountain View Competition 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:

Family Discount
\$79
family of four

\$22.00
On or before August 22nd
\$25.00

Fun Run
\$15.00
Open to all ages

after August 22nd and day of the event

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:
Bear Tracks 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 8/29/2015: _____ 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 Bear Tracks 5K, Mountain View Athletic Association, 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