



3rd Annual

Shape Up Waco

5K & 1 Mile Fun Run

April 23, 2016 – 200 Franklin Haynes Dr, Sandersville GA 31082

5K run/walk – 9:00 a.m. Fun Run – 10:00 a.m.

Course: The Race will begin and end at the Washington County Recreation Department 200 Franklin Haynes Dr, Sandersville GA taking runners and walkers onto Highway 24, down Hospital Road, and back to the Rec Dept. via nearby neighborhoods.

5K Entry Fee

	<i>Pre-Race</i>	<i>Race Day</i>
Adults	\$15	\$20
Students (6 th -12 th Grade)	\$5	\$5

1 Mile Entry Fee: \$5.00 for Students (K-5th Grade) Free for kids Pre-K and younger.

Phantom Runner (T-Shirt Only) Fee: \$10.00

T-Shirts are guaranteed to all participants registered by April 15, 2016. T-Shirts are not guaranteed after Midnight April 16th.

5K (9 a.m. Start)

- *Overall Male & Female runners
- *Overall Masters Male & Female (40+)
- *Top 3 Male & Female in the following Categories 11-14, 15-19, 20-29, 30-39, 40-49, 50+

1 Mile Fun Run (10 a.m.)

1st place Male and Female will be presented with bicycles.
 2nd and 3rd place will be presented with medals
 For more information: e-mail: shapeupwc@gmail.com

Register:

- *Online at Active.com
- *Mail form with payment to
 Shape UP WACO 5K
 902 Linton Road
 Sandersville, GA 31082
- **Please arrive at least 30 mins prior to race to pick up your packet
 Cash or Money Order Payment (Make payable to Shape Up Waco 5K)

REGISTRATION FORM (One per person)

Race (Please Check) 5K 1Mile Phantom Runner (T-Shirt Only)

First Name _____ Last Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

Gender: Male Female DOB _____ \ _____ \ _____ Age on Race Day _____

T-Shirt Size (circle one) Youth S - Youth M - Youth L - Adult S - Adult M - Adult L - Adult XL – Adult XXL (add \$3)

I hereby release Family Connections & Communities in School of Washington County or any affiliate of said institution, its officers, administration, employees, agents, representatives, and members from any and all liabilities for accident and injury which might occur during my participation in the Shape Up Waco 5K and/or 1 Mile event. I allow any pictures, videos, or media coverage of myself to be used in the promotion or coverage of this event. I further state that I am in proper physical condition to participate.

Signature _____ Date: _____

Parent/Guardian Signature (if under 18 years of age) _____ Date: _____