

EIGHTH ANNUAL TENNILLE TROT 5K/ONE MILE FUN RUN

"In Memory of Marquis Lawrence"

October 1, 2016 Tennille, GA

5K – 9:00 a.m. Fun Run – 10:00 a.m.

The Tennille Trot 5K/Fun Run will be a part of the BARBECUE BLAST FESTIVAL.

REGISTRATION

5K Race (age 10 to 70 or above)

Pre-registration for 5K Race by September 17, 2016 is \$15.00.

Registration for 5K Race after September 17 is \$20.00.

FUN RUN (12 and under)

Pre-registration for Fun Run by September 17, 2016 is \$10.00.

Registration for Fun Run after September 17, 2016 is still \$10.00.

MAIL CHECK AND ENTRY TO:

Tennille Trot 5K Race

c/o Angela Lamb

4585 River Road

Wadley, GA 30477

Make Checks payable to: Tennille Trot 5K Race

Proceeds will go to the American Cancer Society.

RACE PACKET PICKUP

Day of Race – 8:00 a.m. - 8:45 a.m.

Oconee RESA building

208 South Main Street, Tennille, GA

RACE DAY

5K Race will begin in front of Oconee RESA building at 9:00 a.m. Fun Run will begin at 10:00 a.m. in front of Oconee RESA building.

T-SHIRTS

Eight Annual Tennille Trot 5K Race/Fun Run T-shirts will be part of each participant's packet at registration according to the size submitted with your application. Late registration participants will not be guaranteed a T-shirt.

AWARDS

Awards Ceremony will be held in front of Oconee RESA building directly after the races.

Awards for 5K Race: TROPHIES FOR THE OVERALL MALE & FEMALE AND MASTERS MALE AND FEMALE.

MEDALS will be given to the top 3 males & female participates in each AGE GROUP: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & above.

Awards for Fun Run: Trophy for first boy and first girl (fifteen or under) that finishes the race.

RACE INFORMATION:

Race Director: Angela Lamb, 478-252-5655/478-494-5185

Email: allamb@bellsouth.net

Website: www.tennilletrot-5k.weebly.com

First Name _____ Last _____

Address _____

City _____ State _____ Zip _____

Phone _____

Age (Day of the Race) _____

Email _____

RACE (Circle One) 5K FUN RUN

T-Shirt Size: YOUTH: S M L

ADULT: S M L XL XXL

RACE WAIVER: I know that running a road race is a potentially hazardous activity that could cause injury or death. By my signature, I certify that I am medically able to perform this event and am properly trained. In consideration of this entry, I waive any and all claims for myself and heirs against Angela & Ronnie Lamb, race workers, volunteer workers, city workers and the city of Tennille for injury or illness from race or road hazards which may result directly or indirectly from my participation in this event. I also give my permission to use my name and/or picture in any account of the events.

Runner's signature (required) _____

Parents or guardian if under 18