Fitness5k

5k race and 1 mile fun run- January 22, 2011

Time: Registration starts at 7:45am race starts promptly at 9:00am

Registration: Registration: $15.00 until January 8th. All entries after January 8th is $20.00. ABAC Students with a valid student ID receive a $3.00 discount on early registration. Family registration is $45.00 for up to 4 family members (parents and their children only). Track teams wearing school colors get a special group rate if they pre-register as a group (contact Joe Wilson at 229-392-6587, or Jimmy Ballenger 229-391-4939).

Place: The ABAC Fitness 5k will be held at Abraham Baldwin Agricultural College. The race will begin and end at the Red Hills tennis complex. The complex is located between the ball fields and tennis courts. The course will be a single loop course through the rolling hills of ABAC's beautiful campus.

Awards: All participants under 16 who complete the 1 mile race will receive a finisher's medal; there will also be overall male/ female awards. In the 5k, awards will be given for most distinguished, overall winner male/female, and age group awards three deep.

Amenities: Pre-registered runners will be guaranteed a t-shirt. All others will receive t-shirts while supplies last.

Proceeds will benefit community and campus service projects of the ABAC Collegiate Fitness and Health Club.

T-shirt size: S__ M__ L__XL__XXL__Adult__ Youth__

Name_____

Gender: M___F___ Age on race day:____ Date of Birth__/__/__

City: _____ Address: _____

Phone (_____)-_____-_____ Email: _____

Race Registration: $____ Cash____ Check ____

Get Active Running and More...

Grand Prix Series

Please make check payable to: ABAC Foundation/ C/O Collegiate Fitness and Health Club

Signed entry form should be mailed to: Jimmy Ballenger ABAC 41 2802 Moore Hwy Tifton, GA 31794

Waiver Must be Read and Signed Before Mailing: In consideration of this entry being accepted, I hereby waive all claims for myself and my heirs against the Abraham Baldwin Agriculture College, and the ABAC Stallion 5k and 1mile run. I further state that I am in proper condition to participate in the race. I give permission for free use of my name and picture in any broadcast, telecast, or any other visual, oral or written account of the event.

_____ _____ _____

Applicant Signature Required Date (Parent Signature if Under 18)