



SHAPE UP WACO

5K Holiday Hustle and One Mile Jingle Jog

Thursday December 20, 2018- Paul F. Thiele Park, Downtown Sandersville, GA
 5K Holiday Hustle – 6:30 PM Jingle Jog (1 Mile) – 7:15 PM

5K Course: The race will begin and end at Paul F. Thiele Park in Downtown Sandersville taking runners/walkers on Smith Street, S. Harris Street, Warthen Street to Sandersville Elementary School and down N. Harris to enjoy holiday decorations and lights.

Entry Fee:	Holiday Hustle	Jingle Jog
Adults	\$25 (\$30 Race Day)	\$15 (\$20 Race Day)
18 & Under	\$5	\$5

Phantom Runner (T-shirt Only) Fee: \$15
 *** T-shirts are guaranteed to participants registered by December 13th***

Register:
 Online at: www.ItsYourRace.com
 Mail form with payment to: Family Connection & CIS P.O. Box 177 Tennille, GA 31089

Holiday Hustle 5K (6:30 PM Start)

A medal will be awarded to the 1st and 2nd place male and female runners in the following categories: 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 and over.

Jingle Jog 1 Mile Fun Run (7:15 PM Start)

1st Place male and female will be presented with a medal. Participants will receive holiday themed items during the race.
 For more information: email allisongmcafee@gmail.com or call (478)552-7330.

REGISTRATION FORM (Separate form for each runner)

Race (Please Check) 5K _____ 1 Mile _____ 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 \$2)

I hereby release Family Connection and Communities In Schools of Washington County and 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 and/or 1 mile event. I allow any pictures, videos or media coverage of myself to be used in the promotion 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: _____

