



**LOCATION: STRONG ROCK CHRISTIAN SCHOOL**

4200 STRONG ROCK PKWY, LOCUST GROVE, GA. 30248

NOVEMBER 13, 2010

**5K Run/Walk(8:00am)** \_\_\_\_\_ **1 mile Fun Run/Walk(8:30am)**\_\_\_\_\_ **Kid's Fun Run (100y) (9:00am)**\_\_\_\_\_

First Name \_\_\_\_\_ Last \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_

E-mail \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Gender: M \_\_\_\_\_ F \_\_\_\_\_

Contact phone# \_\_\_\_\_ Emergency Contact name/phone# \_\_\_\_\_

**Circle One:**

Adult t-shirt size: S M L XL XXL

- **5K Cost:** \$20 by 10/31/10. Late and race day registration will be \$25. (LATE AND RACE DAY REGISTRAION MAY REQUIRE T-SHIRTS TO BE MAILED)

**Awards:** Will be given to Top 3 overall Male and Female. Top 3 in each age group will be given to both male and female. Categories: 19-under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89. (Awards will take place at approx. 9:30am).

- **1 mile Fun Run/Walk:** \$10 anytime (No awards)

- **Kid's Fun Run (100y):** FREE (NO-TSHIRTS)

Waiver: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against the sponsors, organizers, officials and volunteers of the FCA south metro 5K, and Strong Rock Christian Academy for injury that may result directly or indirectly from my participation in this event. I further state that I am in proper physical condition to participate. I also understand the video/photographs of myself or my family may be taken during the course of the event at Strong Rock Christian Academy, and I hereby grant my permission for the resulting video/photographs to be used in any or all FCA and/or Strong Rock Christian Academy publicity and printing purposes. I understand that entry fees are non-refundable.

Signature \_\_\_\_\_

Parent/Guardian if under 18 \_\_\_\_\_

Please make payment payable to; FCA

Mail form and payment to: FCA- PO Box 1063- Stockbridge, Ga. 30281

For further info please visit: [www.endurancesmat.com](http://www.endurancesmat.com) or email Mike Roby at [mikeroby@gmail.com](mailto:mikeroby@gmail.com)

**\*ALL PROCEEDS GO TO THE FELLOWSHIP OF CHRISTIAN ATHLETES MINISTRY WITHIN THE HENRY AND CLAYTON COUNTY SCHOOL SYSTEMS.**