

5K RUN/WALK



TWO OPTIONS:

5k Run/Walk: **\$25** | **\$30**
Early Bird Rate After 8/30/19

1 Mile Run/Walk: **\$20** | **\$25**
Early Bird Rate After 8/30/19

RACE BEGINS @ 7:45 am



1 in 6 SENIORS in GEORGIA is STRUGGLING with HUNGER

PLEASE JOIN US FOR THE ANNUAL
RUN AGAINST SENIOR HUNGER

Saturday, September 21, 2019

**Lilburn Park City Park | 76 Main Street NW
Lilburn, Georgia 30047 | Race Begins @ 7:45 am**



**Kids come dressed up for
our SUPER HERO
costume contest!**

Participants receive Athletic T-Shirt, Finisher Medal, Swag Bag, Zumba warmup and more! Processing fee of \$2.50 will be added to each registrant | Event hosted by: Mending The Gap, Inc.—501(c)3 nonprofit organization. | Only Cash will be accepted for registration payment on the day of the event | Online & Mail-in Registrations will be accepted through 9.18.19 by midnight. | Check and Money Orders payable to Mending The Gap can be mailed to: Mending The Gap | PO Box 464823 | Lawrenceville, GA 30044

Sign Up On-Line @ WWW.RUNSIGNUP.COM/RUNAGAINSTSENIORHUNGER or MENDING-THE-GAP.ORG
by September 18, 2019

Sponsorship Opportunities available @ mending-the-gap.org or call 404.729.5185.

ENTRY FORM:

First Name: _____ Last Name: _____ Male Female

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____ Age: _____

Email: _____ Check One: 5 K Run/Walk 1 Mile Run/Walk

T-Shirt Size (Circle One): YS YM YL S M L XL XXL & XXXL (add \$2.50)

WAIVER: I understand that road racing is a strenuous sport and a potentially hazardous activity, and I state that I am in proper physical condition for this event. I also accept any and all other risks associated with running this event, including but not limited to falls, contact with other participants, the effects of weather and conditions of the road. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, heirs, executors, administrators or anyone else who might try to claim on my behalf, covenant to sue, and waive, release and discharge all officials, sponsors, volunteers, Gwinnett County Parks, Fundraisers, from any and all claims of liability of death, personal injury or property damage of any kind or nature arising out of or in the course of my participation in this event. This release and waiver extends to all claim of every kind of nature, foreseen or unforeseen, known or unknown. Minors participation will be accepted only with a parent or guardian signature. I give full permission for the use of my name and/or picture in any broadcast, telecast, or any other public account of this event. Race Directors reserve the right to reject entries.

Participant Signature: _____ Date: ____/____/2019

**Parent or guardian signature required if registrant is under 18.*