



## 5K "Run for the Red"

Your local American Red Cross is having a 5K run/walk!

The event is being held on Jekyll Island during the TRI-RED Triathlon on October 10, 2010.

This is a "Mayor's Challenge" and participation in our community would help promote a healthy, safe and active lifestyle among teens and adults and motivate others to *"change a life, starting with your own"*. This is a timed event and awards will be given to the top male and female finishers in many age divisions.

**Race Fees: Until 09/27/2010 \$15 Students (under 18) \$20 Adults**  
**After 9/27/2010 \$18 Students (under 18) \$23 Adults**

**Make checks payable to: American Red Cross and mail to 207 Rose Drive, Brunswick, GA 31520.**

**For more information, please contact Leigh Anne Estrada at 912-265-1695 ext 16 or [arcadmin@bellsouth.net](mailto:arcadmin@bellsouth.net) or register online at [www.fleetfeetsavannah.com](http://www.fleetfeetsavannah.com) or [www.active.com](http://www.active.com)**

Race starts at 8:00 AM on Jekyll Island.

### American Red Cross 5K Entry Form

Name: \_\_\_\_\_ Birthdate:    /    /

Address: \_\_\_\_\_

Phone Number: (    ) \_\_\_\_\_ Race Day Age: \_\_\_\_\_ Gender: M    F

School: \_\_\_\_\_ Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

Email Address: \_\_\_\_\_

T-Shirt size (Select Size) Youth: S M L    Adult: S M L XL XXL

Additional T-Shirts (\$8.00): Youth: S M L    Adult: S M L XL XXL

Release: Running and/or walking a distance race is a potentially hazardous activity. I should not enter and participate unless I am medically and physically able, and properly trained. In consideration of entering this 5K Run, and intending to be legally bound, I do release and waive for myself and my heirs, executors, and administrators (and for my child as its legal guardian) any claims for any damages and liabilities of any kind arising out of my participation in the event against all persons, entities, and agencies involved with promoting and running event, including the American Red Cross, Georgia Multisports, Jekyll Island Authority, and all sponsors. I hereby release all publication rights of any photographs or videography taken during this event. By signing below, I indicate that I agree to abide by this agreement and acknowledge that I assume all risk associated with participating in this event.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

#### Race Categories:

**9 & Under, 10-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,  
55-59, 60-64, 65-69, 70 & over, Military**

Logo designed by Glynn Academy students Shandy Stubbs and Sidonia Serafini

#### Southeastern Coastal Georgia Chapter

207 Rose Drive Brunswick, Georgia 31520 912-265-1695 [www.coastalredcross.org](http://www.coastalredcross.org)