



**One Love One Heart 5K – December 8, 2018 10:00 AM**  
Please complete Registration Form (one per participant)  
OR REGISTER ONLINE AT

<https://www.active.com/decatgur-ga/running/distance-running-races/one-love-one-heart-5k-2018>

**PARTICIPANT INFORMATION (Please Print and complete ALL fields)**

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Cell/Work Telephone: \_\_\_\_\_

Age: \_\_\_\_ Birthdate: \_\_\_\_\_ Sex: M F Email: \_\_\_\_\_

**Please indicate your T-shirt size:**

YES – I WOULD LIKE A T-SHIRT in SIZE (circle one): S M L XL

NO THANK YOU

CdLS Immediate Family Member (FREE)

Phantom Runner: I am unable to participate, but I would still like to support CdLS with my enclosed tax-deductible contribution.

**Waiver (required):** In consideration and acceptance of this entry to the CdLS Awareness Run/Walk, I waive any and all claims for myself and my heirs and assigns on the officials and sponsors of the race for any injury or illness that may result from my participation. I realize this is a physical event which requires proper physical health. \*\*\*In the event of severe weather conditions, the race will be cancelled and your entry fee will be considered a donation.

Signature: \_\_\_\_\_ Parent/Guardian (if under 18): \_\_\_\_\_

**Checks Payable To: CdLS Foundation**  
**Mail To: Jen Pomfret 744 Avery St. Decatur GA 30030**  
**Questions: Jen and Jim Pomfret [pomfretj@comcast.net](mailto:pomfretj@comcast.net) ; 404.838.8184**  
**Ed Williams [roadraceservices@comcast.net](mailto:roadraceservices@comcast.net)**