



**SATURDAY, JANUARY 21, 2017** The 5K run/walk begins at 9:00 am, rain or shine. The NEW one mile Pup Trot begins at **8:30 am**. Registration will take place in the cafeteria at Decatur High School beginning at 8:00 am.

All City of Decatur students, parents, alumni, friends, neighbors and runners and walkers of all levels are invited to participate. Participants are invited to run or walk with their dogs in a special group.

All proceeds will be used by the Decatur Bulldog Boosters to help fund the sports programs at Decatur High School and Renfroe Middle School.

**AGE GROUPS:** 11 & under, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59 and 60 & over.

**AWARDS:** To overall 1st place male and female runners, Masters 1st place male and female runners and top male and female finishers in each category. All participants will receive a long-sleeved T-shirt. **T-shirts are only guaranteed to participants pre-registered by Jan. 8th, 2017.** Dogs participating will receive a special bandana.

**COURSE:** The run/walk will begin on Commerce Street behind the Decatur High School stadium and will run through City of Decatur residential areas. The course will be well marked and supervised by volunteers and the City of Decatur Police Department. Water stations will be positioned along the course. Refreshments will be available at the finish.

**ENTRY FEE: Individuals:** \$30 if received by 1.13.17  
 \$35 late or day of race

**City of Decatur Students, Teachers & Employees:** \$25 if received 1.13.17  
 \$30 if late or day of race

**All entry fees are non-refundable.**

**CONTACT:** Bethany Atkinson – BethanyAtkinson@yahoo.com; **Register online at [www.RWTD5k.com](http://www.RWTD5k.com)**



"Run With The Dogs" 5K is a qualifying run/walk event in the City of Decatur's Grand Slam Fitness Challenge.  
[decaturga.com/teamdecatur](http://decaturga.com/teamdecatur)

## REGISTRATION FORM

*(please print – form may be copied, one form per runner, please)*

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

**City of Decatur Student/Teacher/Employee:**  Yes  No      **T-Shirt Size (circle size):** Men's Adult S M L XL  
 Women's Adult S M L XL

I **DO NOT** want a T-shirt.       I plan to bring my canine companion.

Enclosed is my registration fee of \$ \_\_\_\_\_ Additional donation \$ \_\_\_\_\_

Make checks payable to DBABC and mail to: DBABC, P.O. Box 3241, Decatur, GA 30031-3241

**Waiver:** I know that running a road race is a potentially hazardous activity. I am in proper physical condition to complete this run/walk and assume all risks associated with my participation including, but not limited to, falls, contact with other participants, and the effects of the weather, including high heat and/or humidity, traffic, conditions of the road, all such risks being known and appreciated by me. I will not wear headsets or any device that restricts my hearing or other perception. In consideration of this entry, for myself and anyone entitled to act on my behalf, I waive and release all race officials, volunteers, sponsors, and any others associated with this event. Furthermore, I hereby grant the agents of this event permission to use photographs, video-tapes, motion pictures, recordings or any other record of me in this event for legitimate purposes.

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