



5TH ANNUAL 5K RUN/WALK

SATURDAY, SEPTEMBER 24, 2016

5K STARTS 8:30AM

1K STARTS 8:00AM

REGISTRATION STARTS 7AM!

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**FORT YARGO STATE PARK
210 S. BROAD ST.**

WINDER, GA 30680

Course on the Trails! Strollers may be difficult

- Kids 5 & under FREE
- Register for 5K & get FREE 1K entry
- Register by 09/14 to be guaranteed a shirt
- 5K registration \$25 with shirt
- 1K registration \$15 with shirt / \$10 without shirt
- Costume Contest with prizes!!!

RUN THE TRAILS AT BEAUTIFUL FORT YARGO! ALL PROCEEDS WILL BENEFIT PIEDMONT CASA, SERVING ABUSED CHILDREN BY ADVOCATING FOR EACH TO HAVE A SAFE, LOVING AND PERMANENT HOME.

WWW.PIEDMONTCASA.ORG

CASH AWARDS

For top 3 male & female finishers!

\$50 overall 1st Place

\$30 overall 2nd Place

\$20 overall 3rd place

COME AS YOURSELF OR YOUR SUPERHERO SELF!



MAKE CHECKS PAYABLE TO:

**PIEDMONT CASA
PO BOX 605
JEFFERSON, GA 30549
PHONE: 706-387-6375**



Rep. Terry England



FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

BIRTHDATE: ____/____/____ AGE: _____ GENDER: M F TSHIRT SIZE: YS YM YL AS AM AL XL

WAIVER RELEASE: In consideration of my acceptance as a participant in the CASA Super Hero Run, I hereby for myself, my heirs, executors and administrators, do waive and release any and all rights & claims for damages I may have against CASA Super Hero Run, Piedmont CASA, sponsors, organizers, vendors, or volunteers. I allow any pictures, videos, or media coverage of myself to be used by Piedmont CASA. I further state I am in proper physical condition to participate.

SIGNATURE: _____ (Parent/Guardian if Under 18)