

## General Information:

**Date:** Friday  
June 10th, 2011  
**Time:** 7:00 pm– Fun Run  
7:15 pm-5K & 10.5K  
**Fees:** \$20 Adults/ \$25 after  
May 27th/ \$10 Youth  
(14 & under)

**\*Run any two races for  
\$30/ \$35 after May 27th**

*\*No Refunds*

*\*Pre-registration guarantees shirt on race  
day*

### Four easy ways to register:

Mail or bring registration form to the  
gym, fax to (229-271-8179),  
call to register (229-271-1900) or  
email at [impactfitness@bellsouth.net](mailto:impactfitness@bellsouth.net).

**For more information visit:  
[impactsportsandfitness.com](http://impactsportsandfitness.com)  
or [rungeorgia.com](http://rungeorgia.com)**

The **1 Mile Walk/Fun Run**  
is for children & adults of all  
ages. Everyone is encouraged  
to participate. Its also a great  
warm-up for those registered  
for the 5K or 10.5K runs!

The **5K & 10.5K** courses  
wander through the streets  
of Cordele and challenge  
each runner. The terrain of  
both courses are fairly flat,  
but offers a consistent mix of  
rolling hills. One can prepare  
to run or walk the 5K course  
without a lot of training.

## Registration Form:

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

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

City, State, Zip: \_\_\_\_\_

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

Age: \_\_\_\_\_

Circle One: Male / Female

Circle One: Fun Run / 5K / 10.5K

Circle One:

Adult Shirt Size: S M L XL XXL

Child Shirt Size: S M L

Waiver of Liability: In consideration of my acceptance of this entry,  
I hereby for myself, my heirs and assigns, waive any and all claims  
I may have against Impact Sports and Fitness volunteers, staff, all  
sponsors, and the representatives for any and all injuries by me in  
the said event. I attest that I am physically fit and trained for the  
event.

Signature: \_\_\_\_\_

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



**Impact Sports  
& Fitness**  
1107 Greer Street  
Cordele, GA 31015  
(229) 271-1900

*All proceeds benefit  
the First Baptist  
Church mission  
fund.*

Strollers & vaccinated  
leashed dogs welcomed!

*Awards:*

Awards for 5k & 10.5k

1st-3rd: Overall Men & Women

*Age Groups:*

10 & under	40-44
11-14	45-49
15-19	50-54
20-24	55-59
25-29	60-64
30-34	65-69
35-39	70 & over

**Directions:**

From I-75, take Exit 101. Go  
West on Hwy 280. Turn left at  
first traffic light. Go South 1  
block, gym is on left.



**WATERMELONS WILL BE  
PROVIDED FOR FIRST 100  
REGISTERED RACERS BY:**



**For more info visit:  
[impactsportsandfitness.com](http://impactsportsandfitness.com)**



*1-Mile Fun Run/Walk  
5K ~ 10.5K*

**Friday,  
June 10th, 2011**

*7:00 pm 1mile*

*7:15 pm 5K & 10.5K*

