



Bedford Dasher 5K 5K Run/Walk & 1K Elf Run

**The Bedford School
5665 Milam Road
Fairburn, GA 30213-2851
Dec 12, 2009**

RACE DETAILS: On Dasher, On Dancer, On Prancer...Don't miss our 1st annual Bedford Dasher 5K Run/Walk on Saturday, Dec 12th. Race starts/ends at The Bedford School, 5665 Milam Road, Fairburn, GA 30213-2851. Christmas themed 100% cotton long sleeved t-shirt designed by Bedford students. Walkers welcome. 1K Elf Run for kids 10 & under. Kids will receive ribbons and t-shirts.

www.thebedfordschool.org Rain or shine - No Refunds

5K Run/Walk starts 9:00 am; Packet pickup/Race Day Registration beginning at 7:30 am.

1K Elf Run starts 10:00 am on the school grounds

AGE GROUPS/AWARDS: Overall M & F; Masters M & F; First place in the following age groups: 10 & under; 11-14, 15-19; 20-29; 30-39; 40-49; 50-59; 60 & over.

REGISTRATION: 5K: \$20 if postmarked or register online by Dec.3rd. Late and Race Day = \$25

1K Elf Run: ages 10 & under: \$10

- If you can't run/walk, why not register as Phantom Runner - \$15 includes t-shirt
- Online – www.active.com
- Download form and mail race entry – www.running4fitness.com OR www.rungeorgia.com
- Make checks payable to 'The Bedford School' mail to Attn: Bedford Dasher 5K, 5665 Milam Road, Fairburn, GA 30213-2851

INFO: Race Info contact Ed Williams 404-327-7738 email: roadraceservices@comcast.net
Sponsor Info: Betsy Box or Jeff James 770-774-8001

ENTRY FORM – BEDFORD DASHER 5K RUN/WALK & 1K ELF RUN 12/12/09

Check amount \$_____

Payable to The Bedford School, c/o Bedford Dasher 5K, 5665 Milam Road, Fairburn, GA 30213-2851

T-Shirt: [] S [] M [] L [] XL

[] 5K Run [] 5K Walk [] 1K Elf Run

Child T-Shirt: [] Youth Small [] Youth Med

[] Phantom Runner

NAME _____ AGE _____

ADDRESS _____

CITY/STATE/ZIP _____ GENDER [] M [] F

E-MAIL _____ PHONE _____

Waiver: I know that running a road race is a potentially hazardous activity. I am in proper physical condition to compete in 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, and the 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 photos or any other record of me in this event.

Signature of participant /Parent or guardian's signature if under 18 years of age _____

Date _____