



1st EVER G.I.T. FIT
Girls in Training 5K
 Saturday, May 13, 2017 8:30 AM

Registration

Pre-registration is \$25 if received by May 5.
 Registration after May 5 through race day is \$30.
 \$5 discount per person for groups of 4 or more.
 Registration will be available the day of the race
 until 8:15 AM. Pick up packets the morning of
 the race beginning 7:15 AM.

Location

New Hope Baptist Church, Building C Student
 Café, 551 New Hope Rd., Fayetteville, GA 30214

Course

Starts and finishes in the main church parking
 lot. The course is along a scenic tree-lined route
 and is certified as A GA 12055WC.

Shirts

The official 1st EVER race shirt will be guaranteed
 to all pre-registrants and available after May 5
 while supplies last.

Awards

Awards will be given to overall winners and to
 those girls who registered the most friends.

Proceed

All proceeds raised will benefit G.I.T. Fit~Girls in
 Training after school programs.
www.girlsintraining.org

More Information

Cindy Watson 404-680-9752
Cjanewatson@gmail.com

Physical training is good, but training for godliness is better, promising benefits in this
 life and in the life to come. 1 Tim. 4:8

Last Name _____ First _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Email _____
 Sex M/F Age _____ Birthdate ____/____/____
 Shirt Size YS YM YL YXL AS AM AL AXL A2XL

Race Wavier: I know that running a road race is a potentially hazardous activity that could cause injury or death. By my signature, I certify that I am medically able to perform this event and am properly trained. In consideration of this entry, I waive any and all claims for myself and my heirs against G.I.T. Fit/Impress Family Ministries, New Hope Baptist Church, the city of Fayetteville, Race Officials, Sponsors and volunteers for injury or illness which may result directly or indirectly from my participation in this event. I also give my permission for the use of my name and/or picture in any account of this event.

Runner's Signature (required) _____
 Parent or guardian if under the age of 18

**Please make checks payable to Cindy Watson and in the memo line write G.I.T. Fit 5K
 Mail to Cindy Watson, 133 Barrington Farms Dr., Sharpsburg, GA 30277**

