



# G.I.T. FIT

## Virtual 5K

### May 1-31, 2018

#### Location

The beauty of a virtual race is you can run anywhere, anytime, with anyone or no one, or on a treadmill. You can even use your time from another 5K you run in May. Or you can join one of our Fayette/Coweta area groups runs, listed on our website and facebook page . You can even organize your own group run. Remember the purpose of the 5K is to support the G.I.T. Fit-girls in training after school clubs that promote physical, emotional, and spiritual fitness in girls. [www.girlsintraining.org](http://www.girlsintraining.org)

#### Registration

\$20 for individual, \$15 per person for groups of four or more (list on back). Mail this form along with payment to the address below or Email this form and send payment through paypal to [cjanewatson@gmail.com](mailto:cjanewatson@gmail.com). On line registration available with QR code on back.

#### Shirts

The 2018 race shirt will be mailed out along with awards, door prizes and race bags on Jun. 1

#### Awards

Awards will be given to every G.I.T. Fit girl who finishes, age group winners, the person and G.I.T. Fit girl who tracks the most miles in May, as well as, the person who logs the most # walk/runs in May.

#### Reporting Times and Miles

Using the Runkeeper, May My Run or similar app, Email or text a screen shot of your results and total runs/miles by Jun. 1, to Cindy Watson at 404-680-9752 or [Cjanewatson@gmail.com](mailto:cjanewatson@gmail.com). **Remember a 5K is 3.1 miles.** You may also join the G.I.T. Fit 5K challenge on Runkeeper.

#### Group Runs

May 12 (Sat.)at 9 am at SHME school in Fayetteville.  
 May 16 (Wed.) at 6 pm at New Hope-south campus  
 May 20 (Sun.)at 2 pm at PTC library.  
 Others TBD

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: YM YL 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 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 *Impress Family Ministries* and in the memo line write G.I.T. Fit 5K  
 Mail to 133 Barrington Farms Dr., Sharpsburg, GA 30277**

Impress Family Ministries/G.I.T. Fit~girls in training is a 501c3 organization under the regulation of the Internal Revenue Code. All contributions are tax deductible.

