

ACCELERATED PHYSICAL THERAPY
SHAMROCK  **ROCK**
 JOG & JAM



TO BENEFIT
 THE
Scott Law
 FOUNDATION

The mission of The Scott Law Foundation is to provide direct financial assistance to Sumter and surrounding county residents suffering from cancer or other medical ailments. The Scott Law Foundation is committed to fulfilling the special financial needs of these patients and their families in order to make the fight for survival an easier one.

Entry Fees & Age Levels

T-shirts guaranteed for pre-registered runners.

5K

Recognition for the Overall Male & Female Winners and Male & Female Masters Winners. Also, the top 3 males & females from the following age groups:
 <10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

1 Mile Fun Run/Walk

All participants 14 and under will receive a Medal of Thanks for participating.
 In addition to awards, trophies will be presented to the Overall Male & Female Runner 14 & under plus the top three boys & girls in the following groups:
 4 & under, 5-6, 7-8, 9-10, 11-12, 13-14

Registration & Entry Fees

Pre-Registration until March 13th
 5K- \$20
 1 Mile Run/Walk- \$15
 A family maximum charge is set at \$60 but can **only** be honored during pre-registration. A separate form should still be filled out for each participant.

Day of Race:
 5K- \$25
 1 Mile Run/Walk- \$20

For more information contact Tracy Law
 229-924-9595

Online Registration
itsyourrace.com

ITS YOUR RACE



5K and 1 Mile NIGHT Fun Run/Walk

Saturday, March 16th

Rylander Park—Downtown Americus, GA—110 North Hampton Street

1 Mile— 6:00 pm

5K— 6:30 pm—Chip Timing

Registration begins at 4:00 pm and closes at 5:45 pm

Awards— Immediately following 5K

Pre-Registration ends March 13th 2019

Requested t-shirt sizes can only guaranteed for pre-registered participants

Join us for Family Fun with Music & Activities

Entry Form

Name: _____

Address: _____

City, State, Zip: _____

Email: _____ Phone : _____

Age as of 3-16-19: _____ Sex: Male or Female (please circle one)

Shirt Size: YS ___ YM ___ YL ___ S ___ M ___ L ___ XL ___ XXL ___

Entry Fee: Pre-Registration: 5K \$20 _____ 1 Mile \$15 _____

Race Day: 5K \$25 _____ 1 Mile \$20 _____

Family Rate: (Pre-Register Only) \$60 _____

Please fill out a separate form for each family member

Make Checks Payable To: The Scott Law Foundation

Mail Form To: Accelerated Physical Therapy, 205 E. Lamar St. Americus, GA 31709

Waiver: In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, administrators, and assigns, release and discharge all sponsors, organizers, promoters, directors, or persons connected with the Scott Law Foundation, Accelerated Physical Therapy, or Shamrock Jog & Jam from any and all claims for damages suffered by me as a result of my participation in or traveling to and from said event. I further state that I am in proper physical condition to complete the event which I have entered, and further agree that the above mentioned sponsors, organizers, promoters, directors, or persons connected with the event are under no obligation to provide physical examinations or other evidence of my fitness to participate in such event.

Signature: _____ Date: _____

(Parent of Guardian if participant is under 18 years of age)