



ITS YOUR RACE

13TH ANNUAL LAKE RABUN 5K/10K LAKE RABUN, GA

5K & 10K • SATURDAY, JULY 6, 2019 • 7:30 A.M. • www.rabunramble.com

Join us in the beautiful mountains surrounding Lake Rabun in northeast Georgia for the 13th Annual Rabun Ramble. Our 5K and 10K courses are just what you've been looking for and our scenery and temperatures will be just what you need! Plenty of fun and food and refreshments...colorful race shirt to all! Awards in 5-year increments (10 & under to 70 & over, plus overall male & female and overall male & female masters).

Fees: \$30 before 6/24; \$35 after 6/24 and race day. Proceeds will go to the Lake Rabun Foundation, which provides four-year college scholarships to Rabun County students.

Races begin and end at the *Lake Rabun Pavilion by Hall's Boathouse* at Lake Rabun. Both races are out-and-backs.

Questions? Contact Sandy Strong at 706-782-7043 or 917-903-8961, sandyobrien1@mac.com

Make check payable to: *Rabun Ramble*.

Mail completed forms and check to: PPR, P.O. Box 81777, Atlanta, GA 30366

Name: _____ Age: _____ Sex: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ Email Address: _____

T-shirt (Circle one): YM S M L XL Event (Check one): 5K____ or 10K____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect 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. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rabun Ramble, the Lake Rabun Association and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I certify that I am 18 years of age or older, or that I am the parent/guardian of the entrant and am granting permission for him/her to participate.

The undersigned certifies that he/she has read the disclaimer on this entry form and agrees to the conditions stated.

Signature _____ Date _____
(Parent or Guardian if under 18)