

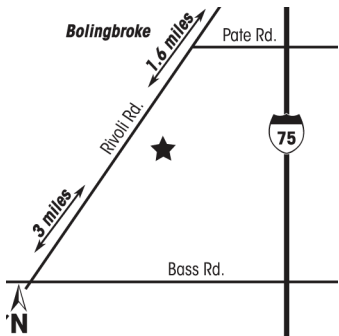
Run4Missions is proud to be a part of the Macon Tracks Piedmont Sports Medicine Race Series.

If you're a member of the Macon Tracks Running Club, points will be awarded based on how you place in your age group compared with other Macon Tracks Running Club members.



You do not have to be a Macon Tracks member to walk/run in Run4Missions, but visit <http://macontracks.org> if you'd like to join the club.

The money raised from this event will help send teenagers to Stamford, Connecticut, for a week of working with the homeless, participating in random acts of kindness, and helping to strengthen a newly formed church.



NO REFUNDS! In the event of a no-show, we will consider the entry fee a donation to Mt. Zion Missions.

Run 4 Missions

Run4Missions

5K & 1-Mile Fun Walk/Run

May 1, 2010



Run4Missions.com

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May 1, 2010

7015 Rivoli Road Macon, GA

Run4Missions.com

Mt. Zion Baptist Church – Macon, GA

Time: 7:30 a.m. – 1-mile fun run/walk

8:00 a.m. - 5K

Rain or shine, sleet or snow!

Location: Mt. Zion is located on **Rivoli Rd.** **between I-75 & I-475.** Contact the church by phone, mail, website, or email for printed directions if needed.

Course: The race is an out-and-back, flat and friendly course with minimal traffic. It starts and finishes at the church.

Race Packets: Pick up race packets at Mt. Zion Baptist Church, 7015 Rivoli Rd., during the week preceding the race or on race day. Preregistration is encouraged, but race-day registration is also welcomed.

Run & See Georgia Grand Prix Series/Macon Tracks All Star Race Series: Receive points for running/ placing in Run4Missions.

5K Entrance Fee: \$15 on or before April 28, \$20 on or after April 29. **1-Mile Fee:** \$13 on or before April 28, \$16 on or after April 29. **Age 10 & Younger:** Only \$10 for the 5K or 1-Mile Fun Run.

Make checks payable to **Run4Missions**

Mail application and fee to:

Run4Missions

c/o Mt. Zion Baptist Church

7015 Rivoli Rd.

Macon, GA 31210

(478) 994-0838 lance@Run4Missions.com

Accommodations: Parking and rest rooms are located near the start/finish line. We serve water along the course and provide fruit, snacks, drinks, and home-baked goods at the finish line.

Awards: A 100% cotton T-shirt is provided on the race day for *preregistered* entrants. Shirts are available to race-day entrants only while supplies last. Trophies are given to 1st overall male, female, and masters winners as well as the remaining top 3 finishers in each age group. Door prizes are also given at the awards ceremony.

Age Groups: 10 & under 11-14 15-19
20-24 25-29 30-34 35-39 40-44 45-49
50-54 55-59 60-64 65-69 70-74 75-79
80 & Over

T-shirt Only Option: T-shirts may be purchased individually for \$10 per shirt.

T-Shirt Sizes

Youth Sizes: YS YM YL

Adult Sizes: Sm Med L XL

XXL - \$2 extra XXXL - \$5 extra



Circle Your Event - 5K

1-Mile Fun Run T-Shirt Only

Name _____

Age (on 5/1/10) _____ Sex _____

Address _____

City _____ State _____

Zip _____

Phone () _____

Coupon Code: (optional)

Email Address

T-Shirt Size _____

Waiver: In consideration of acceptance of this entry, I waive any/all claims for me and my heirs against officials and/or sponsors of Mt. Zion Baptist Church and the Run4Missions Road Race for any illness or injury that may result from my participation. I further state that I am in proper physical condition to participate in the event.

Participant's
Signature _____

Date _____

Parent/Legal Guardian's Signature (if under 18)

