



Follow the Star

Morningside Baptist C.W.E. Preschool

5K & 1 mile fun run/walk

December 3, 2015

Come to our annual "Follow the Star" 5K race! We will begin at 5:15 p.m. with our Jingle Bell Dash fun run where the participants will be chasing a star to the finish line. Each child will receive a t-shirt and a jingle bell for participating. Then at 5:45 p.m. we will begin our 5K race. All runners and walkers are invited to come out and get in the Christmas Spirit. Come early and get some Christmas shopping in as the downtown stores will be staying open until 7:00 p.m. on this night and there will also be a lot of fun activities on the square.

TIME:

4:45 p.m. - Race Day Registration

5:15 p.m. – 1 Mile Fun Run/Walk

5:45 p.m. – 5K Race

LOCATION:

Downtown Bainbridge (Courthouse parking lot), Bainbridge, GA

REGISTRATION:

5K Race - \$20 (race-day \$25)

1 Mile Jingle Bell Dash - \$12 (race-day) \$15

Pre-register by November 19th to guarantee a long-sleeved t-shirt

AWARDS:

Top male and female in each age group; overall top male and female
Awards to all fun run participants

CONTACT PERSON:

Tammy Hornsby, CWE Preschool Director; Phone: 229-416-1608

FOOD AND BEVERAGES:

Water stations on the 5K course at Mile 2.



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5K Race and 1 Mile Fun Run/Walk
December 3, 2015**

REGISTRATION FORM

Name _____ Age _____ M or F

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Race entered (mark one): 5K (\$20) RACE DAY (\$25), 1 MILE FUN RUN (\$12) RACE DAY (\$15)

Circle shirt size: YS YM YL AS AM AL AXL AXXL

Please make checks payable to **Morningside C.W.E.** and mail to:
Morningside Baptist C.W.E., PO Box 7009, Bainbridge, GA 39818

I know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume any and all risks associated with running this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat or humidity, and the conditions of the roads. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone who might claim on my behalf, covenant not to sue, and waive, release and discharge the any and all state, county and town officials and employees, race officials, volunteers and all sponsors, including but not limited to their agents, employees, assigns or anyone acting on their behalf, from any and all claims for death, personal injury, or property damage or whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to the Trot for Tots Morningside Baptist C.W.E. Committee use of any photographs, videotapes, motion pictures, recording, or any other record of this event for any purpose. I understand that all entry fees are non-refundable.

*Applicants for minors are not accepted without parent/guardian signature

Signature

Date