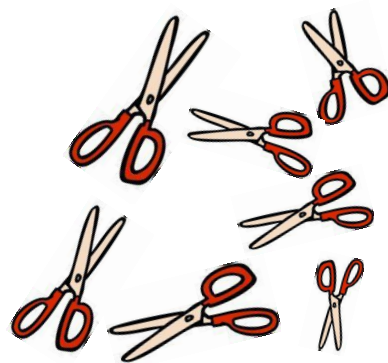


10th Annual

Don't Run With Scissors



5K and 1 Mile Fun Run and Walk
Saturday, March 16, 2019

Proceeds to benefit our Visual Arts

Registration and Entry Fee

5K Early Registration	\$15.00
5K AFTER MARCH 8 th	\$20.00
1 Mile Early Registration	\$12.00
1 Mile AFTER MARCH 8 th	\$15.00

Please make checks payable to Sallas Mahone.

Registration is received at Sallas Mahone Elementary,
3686 Lake Laurie Drive, Valdosta, Georgia 31605.

Awards

5K- Overall male and female. Top 2 males and females
in eight age groups.

T-Shirts

All pre-registered participants receive a "Don't Run
with Scissors 2019" t-shirt at early pick up or on the day
of the race. Additional shirts will be ordered as needed.

Facebook

Find us on Facebook as "Don't Run with Scissors Race"
and "Like Us." Photos and updates will be posted.

Early Packet Pick-Up

Runners are encouraged to pick up their race number
packet and t-shirt at Sallas Mahone on Friday, March
15th from 3:30 PM to 7:00 PM in the school cafeteria.
Race day pick up will be in the Sallas Mahone
Cafeteria beginning at 7:00 A.M.

Event Times March 16th

7:00..... REGISTRATION/ NUMBER PICK-UP

8:00.....5K WALK/ RUN

9:00..... 1 MILE RUN/ WALK

Award Ceremony follows the 1 Mile Event
in the school cafeteria

INFORMATION

Call Paul Brown for questions, the latest news, or
sponsorship at 229-333-8530, e-mail at
pbrown8@gmail.com , or check Facebook.

**THANK YOU FOR SUPPORTING OUR
VISUAL ARTS PROGRAM!**

--CUT WITH SCISSORS----- CUT WITH SCISSORS ----- CUT WITH SCISSORS -----CUT WITH SCISSORS-----CUT WITH SCISSORS--
Official Entry Form 2019 Don't Run With Scissors 5K and 1 Mile Fun Run/Walk

Name _____ M or F _____ 5K or 1 Mile _____ E-Mail _____
Please Write neatly Circle one Circle one

Birth Date _____ Age _____ Address _____

City _____ State _____ Phone _____ Circle T-Shirt Size: **Youth** XS S M L XL
Adult: S M L XL XXL

Emergency Contact Information:

Name _____ Telephone Number _____

Signature of Participant _____ Date _____

Signature of Parent or Guardian (if participant is under the age of 18) _____ Date _____

In consideration of my entry being accepted, I intend to be legally bound and do hereby, for myself, my heirs, and executors, waive all rights and claims for damages which I may have or which hereafter accrue to me against the sponsors or any subsidiary, its or their respective officers, agents, representatives, successors, assigns and sponsors for any and all damages or injuries which may be sustained or suffered by me in connection with my association with or entry or participation in the 10th Annual Don't Run With Scissors 5K/ 1 Mile. If I should suffer injury or illness, I authorize the officials of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.