



SATURDAY DEC 5, 2009 5K-1MILE-TOT TROT

# 11<sup>th</sup> Annual Optimist *FLAPJACK Fun Run*

**Registration: 7A.M. -----5K: 8A.M. -----Pickens Co. Middle School**



Think about it...You're running our flat out-and-back 5K in the fresh mountain air of Jasper. Just as you cross the finish line, there is a whiff of the hearty pancake and sausage breakfast waiting for you just inside. Tell your friends about this race and come join the most optimistic group for a good run, great fellowship, and a wonderful meal. All the proceeds of the road race go to benefit area youth! There will be an awards presentation at the breakfast following the road race.

**When: Sat. Dec 5<sup>th</sup> -Registration @7AM-----5K starts@8AM**

**Where: Pickens Co. Middle School, 1802 Refuge Road, Jasper, GA 30143**

**Entry: \$20 (includes breakfast) if received by Nov 30<sup>th</sup> \$25 race day**

**Shirt: Long Sleeve, colorful shirt to all registered runners/walkers**

**Questions: Contact Gary Jenkins at Pacesetter's PR 678-795-0115 or Casey Warnock 706-692-2888**

**CUT-FILL OUT & MAIL ENTRY FEE AND REGISTRATION TO: OPTIMIST FLAPJACK RUN PO BOX 22 JASPER, GA 30143 OR ONLINE AT ACTIVE.COM**

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CHECK ONE: \_\_\_\_\_ 5k \_\_\_\_\_ 1MILE \_\_\_\_\_ TOT TROT    SHIRT SIZE: CIRCLE ONE    YM    AS    AM    AL    AXL

**1 breakfast ticket is included with race registration-Additional tickets are \$5.00 each**

ENTRY FEES\$ \_\_\_\_\_ (includes 1 breakfast ticket)+ \_\_\_\_\_ additional breakfast tickets @\$5.00 each =Total\$ \_\_\_\_\_

In consideration of acceptance of this entry, I waive any and all claims for myself, and my heirs, for any injury that may incur because of my participation in the FLAPJACK FUN RUN, thereby releasing all sponsors and volunteers associated with this event for liability. I understand that road racing is a strenuous sport and I further state that I am in proper physical condition for this event.

Signature (parent/guardian if under 18) \_\_\_\_\_ DATE \_\_\_\_\_