



33rd ANNUAL OKEFENOKEE SWAMP RUN 10K

Benefiting Childers Family YMCA of Waycross 

Saturday, March 27, 2010, 9:00 a.m. - Waycross, GA

SPONSORED BY WAYCROSS JOURNAL-HERALD, WAYCROSS BANK & TRUST, PRIMESOUTH BANK, MEDIASTREAM, HOLIDAY INN, AND OKEFENOKEE TECHNICAL COLLEGE

Where - Laura S. Walker State Park located 8 miles east of Waycross on State HWY 177 which runs between US 1 (Jacksonville HWY) and US 84 (Brunswick HWY). *(There is a \$5 parking fee into park.)*

Awards - Top male and female finishers: OVERALL, MASTERS (40-49), GRAND MASTERS (50-59) and GREAT GRAND-MASTERS (over 60). TOP 5 in age groups!

RACE RESULTS WILL BE PROMPTLY POSTED!

WALKERS ARE WELCOME!

Entry Fee - 10K: \$15 pre-registration/\$15 race day (remember only pre-registered are guaranteed a t-shirt. *(There is a separate entry form for 1-mile Fun Run.)*)

Race Information

Contact Don Varnadore at donvarnadore@accessatc.net 912 614 2092 or Russell Keaton 912 550 1818.

Pick up entry forms at Waycross YMCA on Plant Avenue, Waycross Journal-Herald or Powerhouse Gym.

Pre-registration - Make checks payable to Okefenokee Track & Cycling Club, Inc. @ P.O. Box 3, Waycross, GA 31502 or drop off at the Waycross YMCA. Deadline for pre-registration is March 13, 2010.

Guaranteed T-shirt sizes for pre-registrants. Race day registration starts at 7:30 AM!

Post Race - Pancake breakfast for all runners and support staff, other's \$5.00.

(Park has camping & rustic cabins. It is a great park for biking, boating & kayaking. Golf course also located near park.)

The course will be partially on trails, a cross-country swamp adventure!

(Weather-permitting)

Registration & pancake breakfast will be in Shelter #2 by the lake.

PLEASE E-MAIL THIS FORM TO FELLOW RUNNERS!

Entry form may be duplicated. Be sure to give E-MAIL ADDRESS for race results. Your address will only be used in connection with Okefenokee Race information.

E-Mail (For race results) _____

Name _____ Race Day Age _____ Sex (M)____(F)_____

Street _____ City _____ State _____ Zip _____

T-shirt size: Adult Sm _____ Md _____ Lg _____ X-Lg _____ XX-Lg _____

Waiver: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against the officials, sponsors, and volunteers of the Okefenokee Swamp Run 10K and 1 mile fun run for injuries or illnesses which may directly or indirectly result from my/my minor child's participation in this event. I further state that I am/my minor child is in proper physical condition to participate in this event.

Signature

Date

Parent or Guardian (if under 18)