



Mt. Zion



# 22<sup>nd</sup> Annual Run4Missions 5K May 1<sup>st</sup>, 2010

7015 Rivoli Rd.  
Macon, GA

Run4Missions.com  
Mt Zion Church – Macon, GA

**Date:** May 1<sup>st</sup>, 2010

**Time:** 7:30 a.m. - 1 mile fun run/walk  
8:00 a.m. - 5K  
Rain or shine, sleet or snow!

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

**Course:** Race is an out and back course from church. Course is fairly flat and friendly. Minimal traffic on course.

**Race Packets:** May be picked up at Mount Zion Baptist Church, 7015 Rivoli Rd., during the week preceding the race or on race day. Preregistration is encouraged but race-day registration is welcomed.

**Run & See Georgia Grand Prix Series** - Receive points for running/placing in Run4Missions.

**5K Entrance Fee:** \$15 on or before April 28<sup>th</sup>, \$20 on or after April 29<sup>th</sup>. **1 Mile Fee:** \$13 on or before April 28<sup>th</sup>, \$16 on or after April 29<sup>th</sup>. **Age 10 & Younger** are only \$10 for the 5K or 1 Mile Fun Run.

\* Macon Tracks Members use MTRC coupon code for \$1 Off



## Run4Missions 5K – May 1<sup>st</sup>, 2010 – 7015 Rivoli Rd. - Macon, GA

Code: MTRC

**Circle Your Event** - **5K**      **Fun Run**      **T-Shirt Only**

Name \_\_\_\_\_ Age (on 5/1/10) \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (      ) \_\_\_\_\_ Coupon Code: (optional) \_\_\_\_\_

Email Address (optional) \_\_\_\_\_

**Youth Sizes:** YS YM YL **Adult Sizes:** Sm Med L XL XXL - \$2 extra XXXL - \$5 extra

**Waiver:** In consideration of acceptance of this entry, I waive any/all claims for me and my heirs against officials and/or sponsors of the **Mount Zion Baptist Church** and **Run4Missions Road Race** for any illness or injury which 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) \_\_\_\_\_

How did you find out about Run4Missions? \_\_\_\_\_

Make checks out to Run4Missions  
Mail application and fee to:

**Run4Missions**  
c/o Mount Zion Church  
7015 Rivoli Rd.  
Macon, GA 31210

(478) 994-0838; email [lance@Run4Missions.com](mailto:lance@Run4Missions.com)

**Accommodations:** Parking and restrooms next to start/finish line. Fruit, snacks, fluids, and homebaked goods at finish line area. Water is served on the course.

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