

Macon Labor Day Road Race

RRCA State Championship Event

September 2, 2019

Register online at www.macontracks.org



Locations: 5K starts at **7:30 a.m.** at the intersection of Vineville Ave. & PioNono Ave near Vineville Baptist Church. 10K starts at **8:00 a.m.** at 4524 Forsyth Rd near RunFit Sports. 1-mile Fun Run is in Central City Park.

Bus transportation provided back to the start line after the race.

Men's & Women's Wicking Shirts to all while supplies last.

5K/10K Awards: Top 3 Overall, 1st Master, Grand Master, & Great Grand Master, & 15 age groups from 10 & Under through 80+, must be claimed race day.

Team Competitions: 5K & 10K, awards will be given to the top 3 teams in the following categories: Teams of Five (at least 2 female members); 2-person Parent & Child teams; and Husband & Wife teams. You may only be on one team, but will still be eligible for individual awards.

Join us for the 43rd Annual Labor Day Road Race, a family-friendly Macon tradition. **Fast USATF certified courses** through downtown Macon to Central City Park. The park will have a Kids' Corral with inflatables, music, and more.

Register online at www.macontracks.org with no service fee through Aug 30. Early registration discounts apply through Aug. 26.

Packet pick up and late registration will be at **OrthoGeorgia, 3708 Northside Dr., on Fri. Aug 30 from 5-7 pm, Sat. Aug 31 from 9 am -1 pm, or Sun Sep 1 1-5 pm.** Race day registration will be available, but race day registrants will not be timed and will not be eligible for awards.

See www.macontracks.org for more details



No pets, bikes, or roller blades. Participants pushing strollers must start at the back.

Mailed entries must be received by Aug. 26.

Make check payable to MTRC and send to:

Macon Labor Day Road Race, PO Box 26455, Macon, GA 31221



Name: _____ Race (circle one) **5K 10K Fun Run** Sex: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail Address: _____ Phone: _____

Fee: 5K or 10K - \$25 early / \$30 late; Fun Run - \$12 early / \$15 late Early registration discounts apply through Aug. 26.

Macon Tracks members get \$1 off during early registration.

Fee: _____

Shirt Size: **Women - XS S M L XL XXL XXL-add \$2. Youth-Med Youth-Lg**

Men - S M L XL XXL-add \$2 XXXL-add \$3 Shirts available while supplies last.

Add: _____

Are you on a Team? Team members must register with the same team name and must run the same race.

Circle Team Category: Team of 5 (2 must be female), Parent/Child, or Husband/Wife

Team Name/Team Members: _____

When will you pickup your packet (circle one): Packet Pickup (Fri-Sun), RaceDay

Total: _____

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, and animals, are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Macon Tracks Running Club, Macon-Bibb Co, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: _____ **X.Date:** _____

(Parent or Guardian signature if under 18)

Apr 29, 2019 Entry Form