



10k Trail Run 5k Trail Run and 1-Mile Fun Run/Walk
SATURDAY OCTOBER 14, 2017
CHEHAW PARK



Breast health is a personal issue. One in eight women will develop breast cancer during her lifetime, and early detection is critical. Buddy Check 10 encourages you to call a friend or family member on the 10th of each month and remind them to do a breast self-exam.

For full Privacy Policy and Terms and Conditions visit WALB.com

DATE AND RACE TIMES: Saturday October 14, 2017
Kids 1-Mile Fun Run (Run/Walk) begins at 8am
5K Trail Run begins at 830am
10k Trail Run begins at 830am



LOCATION: Chehaw Park's Mountain Bike Trailhead (next to BMX track, 105 Chehaw Park Road, Albany, GA 31701)

REGISTRATION DEADLINES: Online registration is available at Active until Friday, October 13th. Mailed entries must be received by October 11th. Packet Pickup & Race Day Registration will be available from 7am by the Trailhead on race day. **Entry fees increase \$5 for registrations submitted on Race Day**

KIDS 1-MILE FUN RUN AWARDS: All participants under the age of 14 will receive a medal. Awards will be presented to Top Male & Female winners under the age of 14.

5K TRAIL RUN AWARDS: Awards will be presented to the overall male & female winners only. There will be finisher medals presented at the Start/Finish line.

10K TRAIL RUN AWARDS: Awards will be presented to the overall male & female winners only. There will be finisher medals presented at the Start/Finish line.

RESTRICTIONS: For the safety of all participants, no pets, strollers, rollerblades, skates, skateboards, bikes, or scooters allowed on the race course. This is a true trail run on a single-track trail. All runners should expect tree roots, uneven terrain, and a great time in nature! Drinks and snacks will be available after the race.

FOR RACE INFORMATION CALL OR EMAIL: BRUCE.AUSTIN@WALB.COM, 229-446-4020 OF LIKE US ON FACEBOOK AT WALB NEWS 10



BUDDY CHECK 10K, 5K, AND 1-MILE FUN RUN/WALK REGISTRATION FORM

PLEASE PRINT

FIRST NAME: LAST NAME:
GENDER: MALE OR FEMALE (PLEASE CIRCLE ONE) DOB: AGE ON 10/14/17:
STREET ADDRESS:
CITY: STATE: ZIP:
PHONE: EMAIL ADDRESS:

SHIRT SIZE: CHILD: S M L ADULT: S M L XL
ENTRY FEE: Pre-Registration: 1 mile \$20 5k \$25 10k \$35 Race Day:
1 mile \$25 5k \$30 10k \$40

Emergency Contact Name:
Phone: ()

PLEASE MAKE CHECKS PAYABLE TO: WALB BUDDY CHECK 10 MAIL FORM AND CHECK TO: WALB 1709 Stuart Avenue

WAIVER: in consideration of the acceptance of this entry, I hereby for myself, my parents, my heirs, executors, administrators, and assigns, release and discharge all sponsors, organizers, promoters, directors, or persons connected with the Buddy Check 10k and Chehaw Park from any and all claims for damages suffered by me as a result of my participation in or traveling to and from said event.

RAIN OR SHINE - NO REFUNDS (Parent of Guardian must sign if participant is under 18 yrs. of age on day of race)

SIGNATURE: DATE:

