



Free Your Mind 5K Walk / Run

**Saturday
May 18, 2024
10:00am**

May is mental health awareness month. *Spread Love of Georgia* will be hosting a 5K in the best small town in America. This year a portion of the funds will go to Madison Family Counseling for the adverse effects of mental illness, domestic violence, and substance abuse. We will also use funds to facilitate training and conferences in our communities.

LOCATION: Morgan County High School / Middle School campus (in front of the Middle School front door) , 1231 College Dr, Madison, GA 30650.

REGISTRATION: \$25.00. Please register by 05/01/2024 to be guaranteed a t-shirt. Race day registration and packet pick-up will begin at 9:00am. Registration is also available on [Runsignup.com](https://runsignup.com) or [Classicroaceservices.com](https://classicroaceservices.com). This is a rain or shine event, no refunds.



T-SHIRTS: Short sleeve cotton t-shirts will be guaranteed to all pre-registered participants registered by 05/01/2024 and as supply lasts on race day.

AWARDS: Overall M/F, Masters M/F, and top three M/F in standard 5-year age groups. Finish line management provided by Classic Race Services with complete results online at www.classicroaceservices.com.

COURSE: The course is USATF certified, GA24002DJ, and can be used as a Peachtree Qualifying time.

INFORMATION: For additional information, please contact Carrie Reid at spreadlovecpr@gmail.com, or Carole Black, Classic Race Services, classicroaceservices@gmail.com

MAKE CHECKS PAYABLE TO SPREAD LOVE OF GA, INC.



MAIL COMPLETED ENTRY TO
FREE YOUR MIND 5K
CLASSIC RACE SERVICES,
1860 BARNETT SHOALS ROAD, SUITE 103-498, ATHENS, GA 30605



NAME: _____ M F DOB: _____ AGE: _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP: _____ \$\$ ENCLOSED: _____

EMAIL: _____ SHIRT SIZE: YS YM S M L XL XXL

WAIVER: In consideration of acceptance of this application, I hereby waive any and all claims against Spread Love Ministries, hosts, sponsors, officials, volunteers, and any other parties involved with the Free Your Mind 5K for injury and/or damage I may incur while participating in said event. I also give permission to use my name and/or photo in any media publication regarding this event.

SIGNATURE (UNDER 18, PARENT OR GUARDIAN)

DATE