



# LANGSTON ROAD JINGLE JOG 5K RUN AND WALK

December 8, 2018

9:00 a.m.

**Location/Course:** Langston Road Elementary 315 Langston Road, Perry, GA

The course is an out and back run/walk from the school, down Langston Road toward highway 41 and back finishing up down a stretch of the bus entrance. There are a few hills to make it interesting and a little challenging for both the runners and the walkers in the group.

**Information:** contact Anna Henry at [anna.henry@hcbe.net](mailto:anna.henry@hcbe.net) or Dr. Elgin Mayfield at [elgin.mayfield@hcbe.net](mailto:elgin.mayfield@hcbe.net). You can also contact us at the school at (478) 988-6160.

**Registration/Entry Fees:** \$20 pre-registration postmarked by November 30th; Groups of 10 will receive a \$2 discount per registration (all 10 along with fees must be mailed together **prior** to race day). \$25 on race day; checks payable to: **Langston Road Elementary** 315 Langston Road, Perry, GA 31069 ATTN: JINGLE JOG

**Race Day registration:** 7:15 am to 8:45 am—Jingle Jog T-Shirts: **shirts are guaranteed to pre-registered runners**; Proceeds will go toward equipment for our students.

**Awards/Trophies:** Trophies will be given to the overall Male and overall Female. Medals will be given for the top 3 male and female runners in each age group: 9 and under; 10-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 and up.

Last name \_\_\_\_\_ First name \_\_\_\_\_

Check one: Male  Female  Age (on day of race): \_\_\_\_\_

Phone No. (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Long sleeved T-shirt size (circle one):** YS YM YL AS AM AL XL 2XL 3XL

(Add \$2 for XL, 2XL and 3XL)

Waiver: For and in consideration of the acceptance of my entry, I agree and certify that I am in proper physical condition to participate in the event which I have entered, and further agree that the sponsors, organizers, promoters, directors, or persons connected with the event are under no obligation to provide physical examination or other evidence of my fitness to participate in such event. I assume all risk associated with participating in this event, including but not limited to the weather (to include high heat and humidity), condition of the road and other race area surfaces, falls, collisions, motor vehicle traffic, and the conduct of spectators and other runners. I hereby for myself, my heirs, my administrators, and executors forever waive, release and discharge Houston County, Langston Road Elementary, Houston County Board of Education, race directors, officers, members, sponsors, all officials, participants, organizers, planners, and volunteers for any injuries sustained or arising out of my association with, entry in, or participation in the race and any pre-, post-or other race-related activities. I agree to abide by all instructions from all race officials.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or guardian must sign if participant is under 18 years of age)