

**Reflections Psychotherapy, LLC**

Alicia M. Gregory

Licensed Marriage & Family Therapist

Phone Number 478-491-1991



If you or someone you know has been victimized, help is available!

**Crisis Line & Safe House**

478-745-9292



7th Annual

**Phoenix Rising**

**5K & 1 Mile Fun Run**

Supporting sexual assault victims in their growth from victim to survivor

**Gray, Georgia – Saturday, April 13, 2019**

**Pre-Race Festivities begin at 4:00PM and Race begins at 6:00PM**

- COURSE:** Begins and ends at Reflections Psychotherapy, LLC, 183 West Clinton Street, Gray, Georgia. The 5K and Fun Run begin at the same time, 6 pm.
- AWARDS:** 5K first place for overall male and female. 5K first, second and third place in each age group. (overall winners excluded from age group awards).
- REGISTRATION:** Pre-registration by mail to: Reflections Psychotherapy, LLC, P. O. Box 818, Gray, GA 31032. Registration table is separated from course starting line. Please plan to be present a min of 30min before start time.
- ENTRY FEE:** \$20.00 if received before Sunday, March 31, 2019, \$22.00 after March 31, 2019. Make check payable to: **Crisis Line & Safe House of Central Georgia**. Race day registration opens at 5:00 pm.
- INFORMATION:** Alicia Gregory or Anne Haynie at 478-491-1991, P. O. Box 818 Gray, GA 31032
- DIRECTIONS:** **From Macon** – take Hwy 129 N (GA 22E), turn right on Stewart Ave (in Gray), parking will be at the Civic Center which will be on your left.  
**From Milledgeville** - take GA 22W, turn left on Stewart Ave, parking will be at the Civic Center which will be on your left.

**Registration may be completed online at [cl-sh.org](http://cl-sh.org) or go to [georgiarunner.com](http://georgiarunner.com)**

Race photos will be posted on our Facebook page

Please tear this off and return with your check if registering by mail. Also, registration is available through these websites: [rungeorgia.com](http://rungeorgia.com), [macontracks.org](http://macontracks.org) or [cl-sh.org](http://cl-sh.org)

Runner Name (Please print) \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

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

Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

**Shirt Size:**  AS  AM  AL  AXL  AXXL  No Shirt **I wish to participate in the**  5K  Fun Run  T-Shirt Only

**Make check payable to: Crisis Line & Safe House of Central Georgia**

**Mail Registration and Payment to:** Reflections Psychotherapy, LLC, Attention: Phoenix Rising 5K, P. O. Box 818, Gray GA 31032

**WAIVER:** In consideration of this entry for the 2019 Phoenix Rising 5K and Fun Run, I hereby waive all claims for myself and my heirs against any race official or sponsor, Reflections Psychotherapy, LLC or Crisis Line & Safe House of Central Georgia for any injury or illness which may directly or indirectly result from my participation in these events. I further state that I am in proper physical condition to participate in this event. I hereby grant race officials and/or sponsors permission to use my photograph or other records of the event for any legitimate purpose.

Signature (Parent or Guardian must sign if participant is under 18 year old) \_\_\_\_\_ Date \_\_\_\_\_

**If you are interested in sponsoring or donating next year, please contact us at 478-491-1991.**

- Pre-Registered:  \$20.00  No # - Fun Run Only
- Race Day Registration:**  \$22.00  No # - Shirt Purchase Only
- T-Shirt Purchase Only:  \$15.00  No # - Shirt Purchase Only
- Sponsor  Included in Sponsorship
- 5K & Volunteer Fee:**  \$18.00
- Cash  Credit Card  Check # \_\_\_\_\_

**Runner #**