



**Ronald McDonald  
House Charities®**  
Central Georgia

**GLOW HARD**

**or**

**GO HOME**



Join us on Friday, August 9 for the Hustle for the House 5K and 1 Mile Fun Run benefiting Ronald McDonald House Charities (RMHC) of Macon. The race will be at Southern Pines Recreation Complex in Dublin, GA. All participants are encouraged to come in as much glow attire as possible. There will be some prizes awarded for glow participation!!

Race times: 9:00 p.m. (dark) for the 5K and 10:00 p.m. for the 1 Mile Fun Run. We will have music for everyone to enjoy for some glow dancing. We want this to be a fun, family event!

Pre-registration for Hustle for the House registration is now through Thursday, August 1. Registering by this date, guarantees a shirt.

Registration will continue through the day of the race but a shirt will not be guaranteed. Shirts for those that register after August 1 will only be available on a first come, first served basis.

**Age Groups:**

5-7, 8-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

You may register at Clarks Health Club or mail your money and registration form to: **Clarks Health Club**

**106 Bowling Lane**

**Dublin, GA 31021**

**<http://www.racerpal.com/races/hustleforthehouse>**

**Name:** \_\_\_\_\_

**Gender:** Male/ Female      **DOB:** \_\_\_\_\_

**Email:** \_\_\_\_\_

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

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

**Phone:** \_\_\_\_\_

**Register each race participant individually.**

**Circle the appropriate race choice.**

**Checks made be payable to: Hustle for the House– CHC**

5K Race w/ **t-shirt**~ \$25      **OR**    1 Mile Fun Run w/**t-shirt**~ \$15

5K Race w/ **Dri-fit Shirt**~ \$28      1 Mile Fun Run w/ **dri-fit shirt**~ \$18

5K Race w/ **tank top**~ \$28      1 Mile Fun Run w/ **tank top**~ \$18

5K Race w/o shirt~ \$20      1 Mile Fun Run w/o shirt~ \$10

**Shirt size:**    YS      YM      YL      AS      AM      AL      AXL

**\*\*Add \$2 for each additional size XXL, XXXL, etc.** \_\_\_\_\_

**\*\*No refunds will be given**

## **HUSTLE FOR THE HOUSE-----WAIVER**

**In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace and that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.**

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Signature

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Date

\*\*\*\* Please note that Kanoa's Kupboard is a part of this event. Each person that brings in 3 items from the wish list, will receive a ticket to be entered into a drawing for some great prizes!!!