

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



8th Annual

Phoenix Rising

5K & 1 Mile Fun Run

Supporting sexual assault survivors

Gray, Georgia – Saturday, April 18, 2020

Pre-Race Festivities @ 4:00PM; Race @ 6:00PM

- COURSE:** Begins and ends at Reflections Psychotherapy, 183 West Clinton Street, Gray, Georgia. The 5K and Fun Run begin at 6pm.
- 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, P. O. Box 818, Gray, GA 31032. Registration table is separated from course starting line. Please plan to be present 30 minutes before start time.
- ENTRY FEE:** \$20.00 if received before Sunday, March 29, 2020, \$22.00 after March 29, 2020. 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
- 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

Registration may be completed online at cl-sh.org or go to georgiarunner.com

Race photos will be posted on our FaceBook page: Reflections Psychotherapy-Transformative Trauma

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

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

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

WAIVER: In consideration of this entry for the 2020 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 _____

- Pre-Registered: \$20.00 No # - Fun Run Only
- Macon Tracks Member: \$19.00 (Pre-registraton Only) No # - Shirt Purchase Only
- Race Day Registration: \$22.00 No # - Shirt Purchase Only
- T-Shirt Purchase Only: \$15.00
- Sponsor Included in Sponsorship
- 5K & Volunteer Fee: \$18.00
- Cash Credit Card Check # _____

Runner #

