

Macon Labor Day Road Race

September 4, 2023



Register online at www.macontracks.org

Locations: 5K starts at **7:30 am** at the intersection of Vineville Ave. & Pio Nono Ave near Vineville Baptist Church. 10K starts at **8:00 am** at 4524 Forsyth Rd near RunFit Sports. 1-mile Fun Run is in Central City Park after the 10K finish.

Bus transportation provided back to the start line after the race.

Men's & Women's Wicking Shirts to all while supplies last.

5K/10K Awards: Top 3 Overall, 1st Master, Grand Master, & Great Grand Master, & 15 age groups from 10 & Under through 80+.

Team Competitions: 5K & 10K, awards will be given to the top 3 teams in the following categories: Teams of Five (at least 2 female members); 2-person Parent & Child teams; Husband & Wife teams; and Corporate Team. You may only be on one team, but will still be eligible for individual awards.

Fast USATF certified courses through downtown Macon to Central City Park.

Register online at www.macontracks.org with no service fee through Sep 4. \$25 through June 30, \$30 July 1—Aug 28, \$35 Aug 29 to race day.

Packet pick up and late registration will be at **Ortho Georgia, 3708 Northside Dr., Days and times will be announced 1-week before race.**



See www.macontracks.org for more details

No pets, bikes, or roller blades.

Participants pushing strollers must start at the back.

Mailed entries must be received by Aug. 28.

Make check payable to MTRC and send to:

Macon Labor Day Road Race, PO Box 26455, Macon, GA 31221

Name: _____ Race (circle one) **5K 10K Fun Run** Sex: _____ Birthday _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail Address: _____ Phone: _____

Fee: 5K or 10K - \$25 until May 31 / \$30 June 1-Aug 28 / \$35 late; Fun Run - \$15 until Aug 28 / \$18 late

Macon Tracks members get \$1 off during early registration.

Fee: _____

Shirt Size: **Women - XS S M L XL XXL-add \$2.** **Youth-Med Youth-Lg**

Men - S M L XL XXL-add \$2 XXXL-add \$3

Shirts available while supplies last.

Add: _____

Are you on a Team? Team members must register with the same team name and must run the same race.

Circle Team Category: Team of 5 (2 must be female), Parent/Child, or Husband/Wife

Team Name/Team Members: _____

Total: _____

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, and animals, are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Macon Tracks Running Club, Macon-Bibb Co, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance. I assume all such risks being known, appreciated, and accepted by me. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: _____ **Date:** _____

(Parent or Guardian signature if under 18)