



HOT DAM 5K

LAKE HARTWELL



DATE: Saturday, August 24, 2024

LOCATION: Big Oaks Recreation Area
5823 Dam Road, Hartwell, GA 30643

Time: 5K -7:30 am

COURSE: The course will be an out and back along the Hartwell Dam.

REGISTRATION: Pre-registration/virtual \$25.00 thru August 23 and \$30.00 on race day. Race day registration starting at 6:30am. Make checks payable to Sheila Finney or Venmo: Sheila-Finney-1.

Online registration is available at <https://runsignup.com/Race/GA/Hartwell/2024HotDam5K>

Virtual times should be submitted to aaaraceservices@gmail.com before noon on 8/24/2024

AWARDS: Overall male/female, Master male/female awards. Medals to the top 3 male/female in 10-year age groups. T-shirts guaranteed for all in person participants who register before August 1, 2024. Free Photos

CONTACT INFORMATION: Email Sheila Finney at sheilafinney@yahoo.com or 678-230-9838

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

M: ___ F: ___ AGE on race day: _____ Date of Birth: _____

Phone: _____ Email: _____

All participants registered August 1, 2024 will be guaranteed a t-shirt. T-shirts will be available on race day while supplies last. (Please circle desired size below).

Adult: small medium large X-large XX-large

Participation waiver: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials, sponsors, hosts, or any person associated with the Hot Dam 5K. I understand that running in a race is strenuous and I am in proper physical condition to participant in this event. I also give permission of use of my name and photograph to be used in any media or other account of this event.

Signature: _____

Date: _____

(under 18, parent or guardian signature)