

DR. CROWDIS HEART RUN 5K

Blakely, Ga. February 8, 2025

To Benefit the American Heart Association

Time/Location: 9:30 am ET – 5K and 10K run and walk, First Methodist Church, 397 College Street
Event: 5K (3.1 mile) run or walk, 10K (6.2) run or walk, simultaneous start
Course: 5K course is fast and accurate. Each mile marked.

Entry fee: **5K/10K:** \$25 by 7 p.m. 2/6/25 (\$15 if 18 & under) \$30 on race day (\$20 if 18 & under)
1 Mile: \$12 by 5pm 2/6/25 \$15 on race day.
Checks payable to *Dr. Crowdis Run*. Entry fee is non-refundable.

Medals for all finishers (both events) and trophies for overall and age group winners in 5K.

Awards: Overall Male and Female, Top M/F Masters (40+), Grand Masters (50+), Senior Grand Masters (60+). Trophies to 1st, 2nd, 3rd in age groups.

Age groups 5K: 0-10, 11-13, 14-16, 17- 19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80 & over. **10K:** 0-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Walkers: Awards to top 6 Male and Female walkers in 5K; top 3 M/F in 10K (**no running allowed**).

Info: www.crowdisrun.weebly.com **Contact:** (229)723-5070 or tonygilbert@windstream.net

Mail to: Dr. Crowdis Run, 185 Fort Gaines Street, Blakely, GA 39823

Name _____ Age _____ Date of Birth _____

Address _____ City/State/Zip _____

Email _____ Phone _____

Male or Female (circle one) T-shirt size (circle one) XS S M L XL XXL

Runner or Walker (circle one) 5K or 10K (circle one)

In consideration of this entry, I acknowledge that I am prepared for and understand and assume all risks associated with participating in this event and release the organizers and volunteers of the Dr. James H. Crowdis Run from all claims and liabilities resulting from my participation. I also grant permission to use my name, photographs, and video images in the recording of and promotion of this event.

Date _____ Signature _____
(Signature of parent if under 18)