



# 2025 Yonah Dam 5K and 10K

## March 8th, 2025

5K – 8:00 am      10K – 9:00 am

**Location:** Plant Yonah, 4615 Yonah Dam Rd., Toccoa GA 30577

**Awards:** Overall Male/Female, Masters, and Grandmasters

**Age Group Awards:** Top 3 male/female in age groups beginning 10 and under through 75 and over

**5K:** \$30 before 2/25/2025; \$35 after and race day.    **Virtual 5K** (No shirt) \$30

**10K:** \$35 before 2/25/2025; \$40 after and race day.    **Virtual 10K** (No shirt) \$35

**Both events:** \$50 before 2/25/2025; \$55 after and race day.    **Both Virtual** \$50

**Virtual Option.** Submit finish times to [aaaraceservices@gmail.com](mailto:aaaraceservices@gmail.com) no later than noon 3/8/2025.

**MAIL REGISTRATION TO:**

AAA Race Services, 5666 Holiday Circle, Oakwood GA 30566

*Make check payable to: AAA Race Services*

or register online at: [runsignup.com](http://runsignup.com)

QUESTIONS: CALL Nancy Kelley 706-968-5244

Participant Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Email: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

City: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_ AGE: \_\_\_\_\_ M    F

Check one: 5K In Person \_\_\_\_\_ 5K Virtual \_\_\_\_\_ 10K In Person \_\_\_\_\_ 10K Virtual \_\_\_\_\_,

Shirt Size: YS YM S M L XL NS

**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 AAA Race Services. I understand running is a strenuous activity and I am proper physical condition to participate in said event. I also give permission for use of my name and photograph to be used in any media or other account of this event.

\_\_\_\_\_  
NAME (UNDER 18, PARENT OR GUARDIAN) DATE

