

Tina's CAT Run 2026



9th Annual 5K / 1 Mile Live Road Race Saturday, October 17th, 2026

Location: Ball Ground City Park — Downtown Ball Ground, GA

Benefiting: Cherokee Family Violence Center & North Georgia Mountain Crisis Network, Inc.

Race number & Packet Pick-up for PRE-REGISTERED & LATE REGISTRATION:

Ball Ground City Park
Old Dawsonville Rd Ball Ground, GA

Friday, Oct. 16th
5:00 pm - 7:00 pm

RACE DAY REGISTRATION
& packet pick-up begins at 7:00 AM
at Ball Ground City Park

(T-Shirts guaranteed to pre-registered
runners only!)

FAITH ----OVER---- FEAR

The Lord is on my side:
I will not fear:
What can man do unto me?
Psalm 118:6 KJV

5K Race Course is USATF Certified



Check us out at tinascatruncat.com

7:45 AM – National Anthem
and Prayer

8:00 AM – 5K

Custom 5K Medals Awarded to:

Overall Male & Female

Master & Grand Masters plus

3 deep in the following age groups:

10 & Under | 11 – 14
15 – 19 | 20 – 24
25 – 29 | 30 – 34
35 – 39 | 40 – 44
45 – 49 | 50 – 54
55 – 59 | 60 – 64
65 – 69 | 70 – 74
75 – 79 | 80+

9:00 AM ~ 1 Mile Fun Run/Walk

Custom Finisher medals awarded
to all 1 Mile Fun Run participants

REGISTRATION FEE:

5K: \$25 On or BEFORE 9/29/26, \$30 AFTER 9/29/26

1 Mile Fun Run or Walk: \$20 On or BEFORE 9/29/26, \$25 AFTER 9/29/26

Phantom Runner: \$15 On or BEFORE, \$20 AFTER 9/29/26

Register online at

<https://runsignup.com/Race/GA/BallGround/TinasCatRun>

or send check and below registration form to

PO Box 86 Ball Ground GA 30107 Please make checks payable to Cat Run Inc.

Name: _____

Sex: M F Age on Race Day: _____

E-Mail: _____

Phone: _____

Team Name (Optional): _____

Additional Donation (Optional) _____

Circle your event: Live 5K or Live 1-Mile Fun Run / Walk | PHANTOM Runner (t-shirt only)

Circle your t-shirt size: YOUTH: S 6/8 M 10/12 L 14/16 ADULT: S M L XL XXL
(ADD \$2 FOR XXL)

In consideration for allowing me to participate in this event, I (and my parents if under 18) for themselves, heirs, administrators, and executors hereby waive and release any and all person, property owners, supporters, volunteers, or entities in any way connected with this entry from any and all claims or damages of whatever kind arising out of my participation in this event. I further certify that I have trained for this event and am in proper physical condition.

SIGNATURE OF RUNNER

For office use only: Cash

Check

SIGNATURE OF PARENT (IF RUNNER IS A MINOR)

Check #