



The Heart & Sole 5K



Saturday, September 14, 2019 8:00 am
107 Hudson Street Americus, Georgia
Global Graphics Parking Lot

REGISTRATION

Pre-Registration: \$25 (Postmarked by 9/6/19)
Race Day Registration: \$30* (6:45am—7:45 am)
Group rates available for groups with 5+ registrants: \$20 per registrant.

(all 5 or more along with fees must be mailed together prior to race day).

Early packet pickup: 9/13/19 4-6pm at Global Graphics
Race Day Packet Pick-up: 6:45 am—7:45 am

T-Shirts are guaranteed to all pre-registered runners.

\$100 Cash Prize For The
Overall Male & Female,
Overall Male & Female Masters

AWARDS

Top 3 finishers in the following Categories:
9 & Under, 10-14, 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 & Over

Register Online at: www.https://runsignup.com/Race/GA/Americus/TheHeartSole5K



Return this portion with check payable to:
The Cole Varnum Agency
109 Lynnview Dr.
Americus, GA 31709



Fee: \$25. Pre-Registration postmarked by September 6, 2019
\$30* After Deadline & Race Day Registration

Name: _____ Age Day _____ Male _____ Female _____
Of Race: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Group: _____ Shirt Size: Adult/Youth: S M L XL XXL

Email: _____

Waiver: In consideration of acceptance of this entry, I waive any and all claims for myself, my heirs, executors, and administrators against officials, hosts, sponsors and directors for any illness or injury which my result directly or indirectly from my participation. I further state that I am in proper physical condition to participate in this event.

Signature of Entrant

(If entrant under 18) Guardian Signature

For more information, please contact Charley Varnum (229) 591-0831 • thecolevarnumagency@gmail.com