

# Macon Labor Day Road Race

## Sep 4, 2023



Presented  
By



## Nov 4, 2023

	Until May 31	Jun 1– Aug 28	Aug 29–Sep 4	Oct 21– Nov 4
<b>LDRR</b> <b>2/3XL 2\$ extra</b>	\$25 5K/10K \$15 Fun Run	\$30 5K/10K \$15 Fun Run	\$35 5K/10K \$20 Fun Run	X
<b>MMHM</b>	\$65	\$70	\$70 (until Oct 21)	\$75
<b>Both</b>	\$85	\$95	\$100	X

Mail to : P.O. Box 26455, Macon, GA 31221

Name:		Sex:	Birthday
Address:			
City:		State:	Zip:
E-mail address:		Phone:	
<b>LDRR Race: 5K 10K FunRun Shirt Size: Y-M Y-L M-S M-M M-L M-XL M-2X M-3X</b>			
<b>W-XS W-S W-M W-L W-XL W-2X</b>			
<b>Half: 13.1 Shirt Size : S M L XL 2XL</b>			

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, and animals, are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Macon Tracks Running Club, Macon-Bibb Co, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

Runner's Signature \_\_\_\_\_ Date \_\_\_\_\_

(Guardian if runner is younger than 18)