

Depot Dash

5K Run/Walk

at the Festival Off Main

Saturday December 5, 2009
9:00 am Start US 78, just north of the Depot



Directions to Start: From I-20, exit 172, go south approximately 5K (3.1 miles) on GA 17/US 78. Turn right on First Avenue and park in the lots behind the businesses on Main Street. Walk up Church Street to Milledge to the starting point.

Registration: In advance, \$15.00, received by November 18, 2009. See application below for registration information. After November 18th and day of Depot Dash Race registration is \$20, and you can register until 8:45 am. The first 100 to register may pick up their T-shirts on Race Day, from 7:30 am to 8:45 am.

Start Information: The 9 am start will be on the corner of Church Street and Milledge Street (see directions). Walkers and strollers will be welcome, and will be lined up behind runners for the start at 9:05 am.

Information: Thomson-McDuffie Chamber of Commerce 706-597-1000.

Please complete the following, including the waiver.

Mail with \$15 fee by Nov. 18, to Thomson-McDuffie County Chamber of Commerce, 111 Railroad Street, Thomson, GA 30824, Attention: 5K Entry Form

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Sex (circle one) **M** **F** Date of Birth _____ Age on Race Day _____

T-Shirt Size (Circle one): **S** **M** **L** **XL** Circle One: Runner Masters Walker Baby Stroller

WAIVER

I know that running this race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic, and conditions of the paths and roads, all such risks being known and appreciated by me. Having read this waiver, I, for myself and anyone entitled to act on my behalf, waive and release the McDuffie County Chamber of Commerce, its officers and agents, the City of Thomson, the County of McDuffie, the State of Georgia, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers directors, agents, and employees, 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.

Signature of Participant Date

Parent's Signature, if under age 18 Date