



2010 Southern Fried 5K and Family Fun Walk

EVENT OVERVIEW

Date: Saturday, September 25, 2010

Time: Registration begins at 7:00 am. Race begins at 8:00 am. Family Fun Walk at 8:15 am

Location: Columbia First United Methodist Church, Columbia Tennessee

Participation Fee: 5k-**Adults**- \$20 pre-registration for 5K, \$25 day of. **Students**-\$15 pre-reg, \$20 day of. Family Fun Walk \$15/person. Family max \$45-children under 10, free. Every paying participant receives a long sleeve t-shirt. Those participating for free (under 10) may purchase a shirt for \$10

Participants in the 5k race and Family Fun Walk will receive a free ticket to the Pancake Breakfast being sponsored by Boy Scout Troop 114, also on September 25 2010, at the FUMC-Columbia from 6:30-10:30a.m.

REGISTRATION INFORMATION

Name: _____

Address: _____

Phone Number: _____ Email: _____

Adult T-Shirt Size(circle one): S M L XL No shirt desired Youth T-Shirt Size(circle one): S M L

Make Checks Payable to: The Well Total Amount Paid: _____

Registration form and check due by September 15th, 2010 in order to guarantee t-shirt!!!

Please sign the waiver statement below for each participant, including children:

I, the undersigned, in consideration of acceptance of the entry and registration as participant in The Southern Fried 5K and/or Family Fun Walk, waive any and all claims which I and my heirs or assigns may now or hereafter have against The Southern Fried 5K, its organizers, The Well at Columbia First United Methodist Church, and all officials, volunteers and sponsors of The Southern Fried 5K, which may indirectly or directly result from my participation in The Southern Fried 5K. I further warrant and represent that I am in proper physical condition to participate in The Southern Fried 5K and am not participating in this event against physician's advice nor am I taking medications which would impair my health or ability to participate in The Southern Fried 5K. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature (parent or guardian if under 18) _____

Date _____

Please complete the above information and send this form, along with your check made payable to

The Well
Columbia FUMC
222 West 7th Street
Columbia, TN 38401

Please make a copy of this form for your records!

For more information contact race organizers via email at thewell@gmail.com; or visit our facebook site <http://www.facebook.com/thewell>