

30th Annual Bowdon Founder's Day Run

Proceeds Benefit the Spinal Cord Society

**5K Run/Walk
1 Mile Walk/Fun Run**

**Saturday, August 7, 2010
Bowdon, Georgia**

TIME: Registration from 7:00 AM until starting time at the tents located at the intersection of Highway 100 & Highway 166 in the center of Bowdon.
8:00 AM – Start 5K
8:45 AM – Start Fun Run

ENTRY FEES: Pre-Registration (before July 28th)
5 Kilometer - \$17 per entrant
1 Mile - \$12 per entrant
Race Day Registration Fee - \$20 for either event

AWARDS: All finishers will receive a T-shirt
A TROPHY TO: First overall female finisher
First overall male finisher
AGE GROUPS FOR THE 5k: Only top three in each age group will receive trophies. 10 and 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 and over. Master and Grandmaster, both male and female.
AGE GROUPS FOR THE 1 MILE: 1st place trophy for overall male and female finisher. Trophies for 1st, 2nd, & 3rd place winners 0-10 male and female and 11-15 male & female.

Important information: Early registration is highly recommended and encouraged to avoid race day registration lines. Mail completed entries to Bowdon Founders Day Run (see below). Each participant must wear a number on the front of his/her shirt. Early registrants may pick up their numbers at the registration tent on the morning of the race. Timing is electronic. Complete results of both events will be sent to local newspapers, including the *Bowdon Bulletin*, *Times Georgian*, and *Run & See Georgia Magazine*.

QUESTIONS: Call Kris Henderson at 678-333-5439 or Brant Ledbetter at 678-371-7751.

ENTRY FORM FOR THE BOWDON FOUNDERS DAY 5K/FUN RUN

Mail with check payable to Bowdon Founder's Day Run, P.O. Box 722, Bowdon, GA 30108

Event (Check only one): 5 Kilometer Race 1 Mile

Name _____ Age (on 8/7/10) _____ Sex: Male Female

Address _____ Phone Number _____ T-Shirt Size _____

City _____ State _____ Zip _____

Every entrant or parent/legal guardian must sign.

WAIVER: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials, sponsors, or hosts of the 2010 Bowdon Founder's Day Run events for injury or illness which may directly or indirectly result from my participation.

Signature of entrant (if 18 or over)

Signature of parent or legal guardian (if under 18)