



*Get Groovy with the Valdosta Junior Service League as they kick off this year's annual run with a salute to the 70's! Have fun and make a difference, as all proceeds benefit the many community organizations and programs assisted by the VJSL. For more race information, please contact Get Active at 229.219.0010.*

### 5K and 10K – 8:00 a.m. Start

The 5K and 10K will start near the corner of Toombs Street and Jackson Street. Runners will run down Toombs St., veer left onto Magnolia and then right onto N. Oak St, then right onto Georgia and right again onto Patterson. The 5K will finish in front of the Converse-Dalton-Ferrell House, and 10K runners will turn right from Patterson onto Jackson St. and loop the course again, with the 10K finishing once again in front of the Converse-Dalton-Ferrell House.

### 1 Mile Youth Run – 9:30 Start

The one mile youth run will start near the corner of Toombs Street and Jackson Street. Runners will run down Toombs St., veer left onto Magnolia and then right onto N. Oak St. Runners will then turn right onto Gordon St. and then right onto Patterson St. to the finish in front of the Converse-Dalton-Ferrell House.

### Awards

Awards will be given to the overall male & female finisher in each race, as well as the male and female first & second place winners in each age category of each race.

### Registration & Fees

#### 5K & 10K

Before March 12	After March 12
\$20	\$25

#### 1 Mile Youth Run

Before March 12	After March 12
\$10	\$15

#### Family Max Race Discount

(4 family members: mother &/or father and kids 18-under)

Before March 12	After March 12
\$55	\$60

**Pre-registration:** Pick up/drop off entries at Get Active or mail entries to Get Active, c/o 'Dosta Dash, 3200-C N. Ashley Street, Valdosta, GA, 31602 or enter online at vjsl.org.

**Day of Race Registration:** begins at 7:00 a.m. at the Converse Dalton Ferrell House. T-shirts will be given to all participants on race day, while supplies last.

**Race Packet Pick-up:** all pre-registered runners can pick up race packets at Get Active between March 20<sup>th</sup> and March 26<sup>th</sup>, 2010. Race packets can also be picked up March 27<sup>th</sup> at the Converse Dalton Ferrell House between 7:00 – 7:45 a.m.

\*Make checks payable to VJSL

Name: \_\_\_\_\_ Age (as of 3/27/10): \_\_\_\_\_ School: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_ Team: \_\_\_\_\_

Event (please circle): 5K 10K 1 Mile Youth Run Shirt Size: Adult S M L XL Youth: S M L

In consideration of this entry, I waive all claims for myself and my heirs against any race official, staff or sponsor for injury or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in the event and grant race officials and sponsors permission to take and use photographs of any other record of the event for any legitimate purpose.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian (if under 18)