



2016 5K, Men's Walk a Mile in Her Shoes
Saturday, September 24, 2016, Hahira, GA

Celebrating our 6th Year and a #2016ACLGP

All proceeds benefit Get A Mammy, Inc., a non-profit organization that provides funds for mammograms to women in financial need, as well as to increase awareness of the importance of early detection, provide funds for cancer research and reconstructive surgery for qualified applicants. **GAM** has helped over 100 men/women obtain Mammograms and/or screenings and out of these patients, several have been diagnosed with Breast Cancer. Your support has made this possible. **YOU** helped save a life.

Radiology Associates
 OF VALDOSTA


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Held this year in Honor of Mitzi Harris Brooks

Registration and Entry Fee

Early registration by Sept 13: \$15.00 5K
 \$45.00 Family rate**
 Walk A Lap in HER Shoes \$10.00 (Men only)

Late registration Sept 14-23*: \$20.00 5K
 *(by 6 PM) \$50.00 Family rate**
 Walk A Lap in HER Shoes \$15.00 (Men only)

Sept 24 – Race Day: \$25.00 No Family Discount
 Walk A Lap in HER Shoes \$15.00 (Men only)

**Family rate includes parents and their children under age 18 up to four members total.

Ghost runner:

Can't be at the race? Register as a Ghost Runner for \$20.00 and receive a t-shirt.

Registration is accepted at any local race or mail to:
 A Course/Line, LLC
 2403 Fieldcrest Drive
 Valdosta, GA 31602

Or register online at:
<https://runsignup.com/Race/GA/Hahira/2014/GetAMammy5K>
 ~~~**Please make checks payable to: Get A Mammy, Inc.**

Questions? Email us at [getmammy@bellsouth.net](mailto:getmammy@bellsouth.net)

**Event Times a.m.**

**7:00 – 7:45** .....REGISTRATION/NUMBER PICK UP  
**8:00 – 9:00** .....5K RUN/WALK  
**9:20 – 9:35**.....Walk a lap in HER Shoes” (Men only) \*\*\*  
**Award Ceremony immediately following Men's Walk**  
 \*\*\*men may bring own ladies shoes. Men 50+ may wear feminine slippers, flats, or shoes decorated in pink. We have shoes or you may bring your own. There will be a contest for the man dressed most “appropriately” to walk a “Mile” in her shoes. Special **EXCLUSIVE T-SHIRT** to all participants in this run. **Several other prizes and giveaways to 5K participants. Dress in Pink!**

**Race Course:**

Bethany Baptist Church off Val-del. Bethany Road 5K course off Val-del. Start/Finish lines at church.  
[www.walkjogrun.net](http://www.walkjogrun.net) One loop course.

**Age Groups**

Children 12 & under  
 13-19 20-29 30-39 40-49 50-59 60-69 70+

**Awards**

Overall Male and Female: Top Male and Female in each age group and GRAND PRIX POINTS FOR EVERYONE  
 Dressed up in Pink contest For “Walk a Lap in HER shoes”

**T-shirts:**

All participants pre-registered by Sept. 14 are guaranteed a shirt and will receive their t-shirts on race day.

**Official Entry Form 2016 “Get A Mammy 5K” (Please complete entire form)**

Name: \_\_\_\_\_ (1 person per form ) Male \_\_\_ Female \_\_\_

Address \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**T-Shirt: Youth: S M L Adult: S M L XL 2XL 3XL**

In consideration of my entry being accepted, I intend to be legally bound and do hereby, for myself, my heirs, and executors, waive all rights and claims for damages which I may have or which hereafter accrue to me against the sponsors or any subsidiary, its or their respective officers, agents, representatives, successors, assigns and sponsors for any and all damages or injuries which may be sustained or suffered by me in connection with my association with or entry or participation in the Get A Mammy 5K run/walk. If I should suffer injury or illness, I authorize the officials of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature of Participant \_\_\_\_\_

Date \_\_\_\_\_

Signature of Parent (under 18) \_\_\_\_\_

Finish line services are provided by A Course/Line, LLC of Valdosta