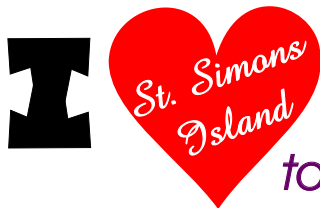


5K RUN/WALK ON THE BEACH

2nd Annual



I LOVE THE BEACH

to promote organ donation awareness

Saturday, February 13, 2010 2:00 pm

East Beach, St. Simons Island

(old Coast Guard Station beach at First Street)

Register "on-line" at www.active.com

Location/Course:

Race start is located on the beach near the end of the board walk cross over at the old Coast Guard Station beach (First Street, St. Simons).

The course will run south along the beach, turn around, run back north, turn around and then south again.

Race Day Registration & Packet Pick Up:

12:30 pm - 1:45 pm, on the beach near the start line.

5K Entry Fees

- \$18 before Feb 1
- \$20 after Feb 1
- \$22 on race day
- \$15 GITC members before Feb 1
- \$18 online registration until Feb 8

There is no walkers division, but walkers are welcome. To avoid race congestion all walkers are asked to line up behind the runners for the race start.

Check out www.goldenisletrackclub.com for race info! Questions? Email: gitc@goldenisletrackclub.com

Awards:

Unique awards will be presented to the Overall Male and Female, Overall Masters Male and Female. Top three males and females in each of the following age groups will receive awards: NO DUPLICATES:

14 & under	25-29	40-44	55-59	70 - 74
15-19	30-34	45-49	60-64	75-79
20-24	35-39	50-54	65-69	80 & over

Awards Ceremony will be held following the race on the beach.

Only pre-registered runners will be guaranteed a t-shirt race day - all others will be mailed within a month. T-shirts are one-of-a-kind shirts with original design.



www.donatelifegeorgia.org

www.georgiarunner.com

NO DOGS, STROLLERS, BICYCLES or BABY JOGGERS ALLOWED IN THIS RACE.
Insurance requires immediate runner disqualification if violated.

The I Love the Beach 5K Beach Run Application

For more information call (912) 638-2396

Make checks payable to GITC. Mail entries to Race Director, PO Box 20651, St. Simons Island, GA 31522

2010 I Love the Beach 5K Beach Run Entry Form

PLEASE PRINT CLEARLY

Last Name										First Name										Middle Initial	
Address (street)																					
City										State		Zip Code				Male		Female			
Date of Birth				Age (Race Day)		Team Name (if applicable)										Shirt Size (Adult S, M, L & XL)					
Email address optional - for future race notification only:																					

I know that running a road 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 safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that no dogs, strollers, baby joggers or roller blades are allowed in this race and that insurance policy requires immediate disqualification of any participant violating these rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Golden Isles Track Club, Glynn County, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (Signature of Parent or Guardian if under 18)

Date