

MY FATHERS HOUSE

With God, nothing



Is impossible. Lk. 1:37

CHURCH OF GOD

PROUDLY SPONSORS



5k

Proceeds will benefit My Fathers House Church Of God Outreach Ministries.

Date: 10/11/2008

Time: 7:30am

The race will start at Piggly Wiggly on Hill St. in Griffin Ga. There will be water & mile markers provided along the route.

404-348-0464

You can also register at www.active.com
For more information visit www.iriscityrunners.com

Pre-register by 10/03/08

Pre-register Fee: \$20.00. Day of Race \$25.00

Mail form and entry fee to:

Iris City Runners
PO BOX 442
Orchard Hill GA 30266

Phone: 404-348-0464

Email: jessica@iriscityrunners.com

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL

Sex _____ Age on race day _____

Waiver

I know that running a road race is a potentially hazardous activity. I would not enter and race 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 compete in the event. I assume all risks associated with participating in the event, including, but not limited to falls, contact with other participants, effects of weather (including high heat and humidity), traffic and the conditions of the road—all such risks being known and appreciated by me.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____