

Coffee Regional Medical Center's

Fall Fitness
Miles for Smiles
5k Run/Walk



One Mile Fun Run @ 8:30 a.m.
5k Run @ 9:00 a.m. - Walkers @ 8:45 a.m.



SATURDAY, NOVEMBER 13, 2010

Entry Fee: \$15 In Advance \$18 Day of Race

● **\$200 Savings Bond for Men's and Women's**

Overall First Place (Runners) - Compliments of BB&T

- Medals in all age groups for 5k Runners
- Refreshments - Door Prizes for all
- T-Shirt guaranteed for all pre-registered runners
- Course starts and finishes at Coffee Regional Medical Center • 1101 Ocilla Road • Douglas, GA
- Course Record: Men - Roberto Bonilla 15:39, 2002
- Course Record: Women - Michelle Lafleur 17:33, 2008

sponsored by:



Register or download form at www.coffeeregional.org.

PLEASE NO PETS



Name _____

Runner 1 Mile Walker

Male Female

Address _____

Age Group:

10 & 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 70-74 75 & over

City _____ State _____ Zip _____

Make Checks Payable to: **"CRMC 5k Run"** Adult T-Shirt Size _____ Youth T-Shirt Size _____

and mail to: **The Wellness Center, 200 Doctors Drive, Suite 222, Douglas, GA 31533**

or call: **912-383-6988** for more information. Visit www.coffeeregional.org

In consideration of this entry, I waive all claims for myself and my heirs against any and all officials or sponsors of **2010 Miles for Smiles 5k Run** 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.

RUNNER'S SIGNATURE or parent's signature if runner is under 18 years of age

DATE