



# FOOTRACE FOR THE FALLS

5K ROAD RACE - 1 MILE FUN RUN - TOT TROT

**SATURDAY, MARCH 24, 2012**

The race supports the Birmingham Falls Foundation, a non-profit organization focused on supporting educational programs at Birmingham Falls Elementary School. 100% of the proceeds raised by this event will go directly back to fund BFES classroom and educational programs.

<b>Where:</b>	Birmingham Falls Elementary School, 14865 Birmingham Hwy	
<b>When:</b>	8:00 a.m. Registration begins 9:00 a.m. 5K Road Race Start	10:00 a.m. One Mile Fun Run 10:15 a.m. Tot Trot
<b>Cost:</b>	\$25.00 before March 15; \$30.00 after 3/15 (Tot Trot is free with no T-Shirt)	
<b>What you receive:</b>	Awesome race T-shirt and plenty of food, fluids and fun! Plus, the good feeling that you supported our school's educational programs!	
<b>Awards:</b>	Awards will go to the 5K Male and Female and to the top finishers in each age group. <b><u>The top boy and girl BFES student in the 5K will win an iPod Touch!</u></b> For the one mile run, ribbons will go to all finishers.	

**Decorate your race T-shirt!** Register by March 15th and you will receive your T-shirt by the 19th, giving you time to personalize it for the race! (get ready to tie-dye, bling, paint, bedazzle, etc....HAVE FUN!) Prizes will be given out during the race to the best T-shirts!

**Special Guests!** Mayor Joe Lockwood and Senator John Albers (Georgia State Senate District 56) have agreed to be our "official" starters!

## HOW TO REGISTER

- 1) Sign up to run/walk or volunteer online at [www.supportbff.org](http://www.supportbff.org) OR
- 2) Complete the attached registration form with your check made out to BFF and return to the school: *Birmingham Falls Foundation c/o BFES, 14865 Birmingham Highway, Milton, GA 30004.*



Scan the image to go directly to the on-line registration form!

**THANK YOU to our premier sponsors for their generous donations!**





# Birmingham Falls

## FOUNDATION

Enriching the Educational Experience



**VOLUNTEER REGISTRATION (If you don't run, please HELP!)**

Name: \_\_\_\_\_ Email : \_\_\_\_\_

Phone: \_\_\_\_\_

Volunteer T-Shirt Size: S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ XXL \_\_\_\_

*I would like to volunteer in any of the following areas: (circle as many as you wish and we'll work with you to find the best fit!)*

Registration table      Parking      Water tables      Refreshments/Food table

Set-up      Finish Line      Course monitors      Time callers

Take down (11am-1pm)



**RUNNER REGISTRATION (one form per participant)**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

BFES Teacher Name: \_\_\_\_\_ Company Name (if applicable): \_\_\_\_\_

T-Shirt Size: YS \_\_\_\_ YM \_\_\_\_ YL \_\_\_\_ S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ XXL \_\_\_\_

Registration Fee: \$ \_\_\_\_\_ I will be running (check one) 5K \_\_\_\_ 1 Mile \_\_\_\_

Waiver: 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 assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road and/or trail, all such risks being known and appreciated by me. 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 Birmingham Falls Foundation and all sponsors, their representatives, volunteers and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also give my permission for the use of my picture in any media account of this event. I have read the liability waiver and understand the inherent risks with this activity.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent Signature (if under 18 yrs )