



# Ridge Run

**Benefitting Covenant Care Adoptions**  
**5K - 8:00am / 1 Mile Fun Run – 8:30am**  
**August 28, 2010**

In the 21 years of nonprofit adoption work, Covenant Care has served over 5,500 pregnant women and built over 500 families through adoption. Join us in supporting the work of adoption! (Learn more by visiting [www.CovenantCareAdoptions.com](http://www.CovenantCareAdoptions.com).)

### LOCATION

Race STARTS & ENDS at  
Elam Alexander Academy  
3769 Ridge Avenue / Macon, GA 31204

### RACE PACKET PICKUP

August 25 – 27/ 9am – 6pm / Covenant Care Services  
3950 Ridge Avenue / Macon, GA 31210  
Race day / 6:30–7:45am / Elem Alaxander Academy

### ENTRY FEES

\$15 – 5K Pre-Registration on active.com or  
postmarked before August 20, 2010  
\$20 – 5K Race Day Registration  
\$10 – 1 Mile Fun Run (pre & race day)  
\*T-shirts guaranteed for pre-registrations only  
\* Strollers allowed at the back of the race pack.  
No pets please.

### AWARDS

Overall top three male and female finishers  
Overall top male and female masters  
Top 3 male and female finishers in the following: 10 and 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, 75-79, 80+  
“Most Spirited Award” given to the school with the most runners.

Register online at [www.active.com](http://www.active.com)  
**OR** deliver/mail to Covenant Care Services  
3950 Ridge Avenue / Macon, GA 31210.

Race results will be posted on active.com within 72 hours of the race.

**PRESENTED BY:** primary Pediatrics, P.C.

**Make checks payable** to Covenant Care Services / MEMO: Ridge Run. Mail or deliver forms to Covenant Care Services at 3950 Ridge Avenue, Macon, GA 31210. Questions concerning the race can be directed to Shelley Elliott or Loren Rae Easterling at 478-475-4990 or [LEasterling@CovenantCareAdoptions.com](mailto:LEasterling@CovenantCareAdoptions.com).

Name \_\_\_\_\_ Sex: M F Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

Optional: School \_\_\_\_\_ Church \_\_\_\_\_

Circle Event 5K 1 Mile Fun Run T-shirt Size XS S M L XL XXL (add \$2)

**Running for Adoption:** If you or someone in your immediate family has been directly touched by adoption (adopted or made an adoption plan) please check this box. We will recognize your adoption connection with a different colored race bib.

WAIVER: For and in consideration of the acceptance of my entry, I agree and certify that I am in proper physical condition to participate in the event which I have entered, and further agree that the above mentioned sponsors, organizers, promoters, directors, or persons connected with the event are under no obligation to provide physical examination or other evidence of my physical fitness to participate in such an event. I assume all risk associated with participating in this event, including but not limited to the weather (to include high heat and humidity), condition of the road and other race area surfaces, falls, collisions, motor vehicle traffic, and the conduct of spectators and other runners. I hereby for myself, my heirs, my administrators, and executives forever waive, release and discharge Covenant Care Services, Inc., its directors, officers, members, sponsors, all officials, participants, organizers, planners, volunteers, Elem Alexander Academy, and the city of Macon for any injuries sustained or arising out of my association with, entry in, or participation in the race and any pre-, post- or other race-related activities. I agree to abide by all instructions from race officials. I grant permission to use any photographs or any other record of me. I understand that all entries are final with no refund. The race will be held rain or shine. If canceled due to in climate weather (lightening, tornado, etc.) participants will be notified by email of cancellation and the new race date.

Signature \_\_\_\_\_ Date \_\_\_\_\_

If participant is under 18: Parent/Guardian \_\_\_\_\_

