



Rehabilitation Services of Tifton
and
Tifton Fitness & Wellness Center

present the 16th Annual

Sweetheart Run

Saturday • February 9, 2013
Tifton, Georgia

5K Sweetheart Run at 9:00 am 1 Mile Clot Trot at 9:45 am

Location: Rehabilitation Services of Tifton
1488 Old Ocilla Road
Traffic light in front of Tift Regional Medical Center

Entry Fee: 5K Run - \$20 early registration, \$25 after Feb 2nd
1 Mile Run & Walk - \$15 early registration, \$20 after Feb 2nd

Proceeds will go to HEMOPHILIA OF GEORGIA, a nonprofit organization dedicated to providing services and support for Georgians who have hemophilia and other inherited bleeding disorders.

T-Shirts: All registered runners and walkers will receive a t-shirt - Long sleeve adult sizes; Short sleeve youth sizes.

Awards: Trophies for Overall Male & Female Winners, Overall Male & Female Masters, and top three finishers in each age group 19 & under. Travel insulated mugs for top three finishers in each age group 20+.

Information: Contact Sommer Dunston or Cindy Spurlin
Phone: 229-386-5200 • Fax: 229-386-1412 • Email: rst.sdunston@yahoo.com • www.rehaboftifton.com

----- ENTRY FORM -----

2013 5K Sweetheart Run and 1 Mile Clot Trot

DO NOT WRITE INSIDE BOX

Name _____ Phone (____) _____

Address _____ City _____ State _____ Zip _____

Birthdate _____ Age _____ Gender _____ ADULT T-shirt Size (Long sleeve): ☐ S ☐ M ☐ L ☐ XL ☐ 2X ☐ _____

Email _____ YOUTH T-shirt Size (Short sleeve): ☐ S ☐ M ☐ L

I wish to enter the following event(s):

☐ 5K - \$25

☐ Both - \$5 OFF TOTAL - \$40

☐ 1 Mile - \$20

☐ Both - 2 T-SHIRTS - \$45

Make Checks Payable to: TF&WC
Mail to: PO Box 7508 Tifton, GA 31793

In consideration of the acceptance of this entry form, I hereby waive any and all claims for myself and my heirs against officials, hosts, or sponsors of the Sweetheart Run & Walk for injury or illness which may directly or indirectly result from my participation. I further attest that I am in proper physical condition to participate in this event.

X _____
SIGNATURE of ENTRANT or PARENT if entrant is under age 18