



4th Annual Lake Oconee Academy



TITAN TROT 5K & FUN RUNS

1021 Titan Circle, Greensboro, GA
Saturday, April 9, 2016
5K 8:00am ~ Fun Runs 9:30am

ABOUT THE DAY: Come join us at beautiful Lake Oconee Academy for a day full of running fun! The day will start with the TITAN TROT 5K Run at 8:00 am followed by the FUN RUNS beginning at 9:30 am. Pancake Breakfast immediately following the races in the Titan Auditorium / Cafeteria sponsored by the LOA Drama Club.


TITAN TROT 5K RUN: Starting at **8:00 am**, the course will be an out and back along West Lake Road that starts and finishes from the Lake Oconee Academy front pond area. Awards will be given to Overall Male/Female and Masters Male/Female as well as first, second and third place in each age group (Overall winners are excluded from age group awards).

FUN RUNS: Beginning at **9:30am**, there will be Fun Runs for all ages. We will begin with a short run for 3-4 year olds and continue increasing the distance and ages up to the final 1 Mile Fun Run. The short distance runs will be for ages 3 - 4, 5 - 6, 7 - 8. The 1 mile Fun Run will be for any age. Ribbons will be available to all Fun Run participants, and in the 1 Mile Fun Run awards will be given to the 1st, 2nd, and 3rd place boys and girls.

PROCEEDS TO BENEFIT:
Relay for Life of Greene County



REGISTRATION: Three easy ways to register:

- Bring the form in to your homeroom teacher
- Mail the form to LOA
- Register on active.com 
- Register to donate, receive a t-shirt only, not run
- Family registration available on the back of this form

5K Registration Fees-

- \$20 before 3/31/16
- \$25 after 3/31/16 and through race day
- Not running, but want a t-shirt \$15

Fun Run Registration Fees-

- \$10 before 3/31/16
- \$15 after 3/31/16 and through race day

Race day registration is available on-site for all races. T-Shirts are guaranteed to pre-registered runners only and available as supplies last on race day.

PARKING: Parking will be available on the LOA Campus with overflow parking at the Methodist Church.



Make checks payable to LOA, please put "Titan Trot" on the Memo line, and mail registration form to:

Titan Trot 5K
Lake Oconee Academy
1021 Titan Circle
Greensboro, GA 30642
Attn: Carole Black

Last Name (PLEASE PRINT)

First Name

Mailing Address

City

State

Zip

Gender

Birthdate

Age on Race Day

Telephone #

Check One:

- ☐ 5K
☐ Fun Run
☐ Not Running
T-shirt only

I cannot participate, but would like to donate to Relay for Life (no t-shirt): \$ _____

SHIRT SIZES: () Youth Small () Youth Med () Youth Large () Small () Med. () Large () XL () XXL

WAIVER: In consideration of this entry for the Titan Trot 5K. I hereby waive all claims for myself and my heirs against any race official or sponsor, for any injury or illness which may directly or indirectly result from my participation in these events. I further state that I am in proper physical condition to participate in this event. I hereby grant race officials and/or sponsors permission to use my photograph or other records of the event for any legitimate purpose.

Signature (Parent or Guardian must sign if participant is under 18 years old)

Date

Use this side for Family Registration

Check One:
☐ 5K
☐ Fun Run
☐ Not Running
T-shirt only

Last Name (PLEASE PRINT)

First Name

_____/_____/_____
Gender Birthdate

Age on Race Day

Telephone #

SHIRT SIZES: ☐ Youth Small ☐ Youth Med ☐ Youth Large ☐ Small ☐ Med. ☐ Large ☐ XL ☐ XXL

Mailing Address (if different from address on front)

City

State

Zip

Check One:
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