



April 30, 2016
9:00am



CrossFit Gym
601 S Madison
Ave

Monroe, GA
30655

#FIT4LIFE5K
Fundraiser for Hands of Hope



Start Time	9:00am Packet Pickup will begin at 8:00am	Entry	\$25 with t-shirt through April 22 \$30 April 23 – race day. T-shirts available as supplies last.
3 Ways to Register	<ol style="list-style-type: none"> 1. Register on-line at active.com 2. Mail the entry form below with check made payable to Crossfit at Monroe Mill Crossfit at Monroe Mill 601 S. Madison Ave Monroe, GA 30655 3. Race day beginning at 8:00am 		
Awards:	Overall and Masters. 1 st , 2 nd , and 3 rd given to standard 5-year age groups.		
Hands Of Hope:	HOH is a non profit that provides services for individuals with special needs. HOH is converting Hammond Park into an integrated playground that everyone can play, catering to those with disabilities		
Information:	Kelly Murell	Phone: 678-409-6717	e-mail: themurells@gmail.com

Mail in Registration

Name: _____
 Address: _____
 City, State Zip: _____
 Email: _____ Phone: _____
 Gender: ___M ___F Birthdate: ___/___/___ Age: ___
 TShirt Size: Youth S M Adult: S M L XL 2XL
 (Please circle)

Please enclose a check made payable to Crossfit at Monroe Mill
 Mail this form before 4/22/16 to:
 Crossfit at Monroe Mill
 601 S. Madison Ave
 Monroe, GA 30655

WAIVER: In consideration of this entry for the Fit For Life 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 _____