



MBMS Athletics Presents  
**7th Annual Lightning Bolt 5K Run/Walk**  
 1 Mile Fun Run, and Little Bolt Race  
 Saturday, March 9, 2019

Malcom Bridge Middle School ~ 2500 Malcom Bridge Rd. ~ Bogart, GA 30622

The start/finish will be located on the football field. The 5K course is mostly flat with over ¾ of the course on grass, while the rest will be on paved roads. The mile fun run/walk and “Little Bolt” race will be held on the football and practice fields. The “Little Bolt” race will begin at **8:15**, then the 1 mile “Bolt” race will begin at **8:30**, followed by the Lightning Bolt 5K beginning at **9:00 AM**. Race day registration and packet pickup will begin at 7:00 a.m. at the pavilion near the football field.

**RACE DEDICATION:** Each year, MBMS dedicates the 5K to a person or to an organization that has positively impacted either our community or people in need. Ten percent of the proceeds from the race will be given to this selected person or organization. This year the race will be dedicated to **ESP (Extra Special People)**.

**AWARDS:** Awards will be presented to all participants in the “Little Bolt” race. The top three boys and top three girls who finish the 1 mile race will be given awards in the age groups of 10 & under and 11-14. The 5K awards will be presented to the overall male and female winners as well as the top three finishers in 5-year age groups ranging from 10 & under through 75 & over.

**REGISTRATION:** Registration is due by Friday, March 1, 2019 at noon for an entry fee of \$20. There is a family rate (covers 4 entries) of \$65 if registered by March 1. All pre-registered participants will be guaranteed a race t-shirt. Any entries received after March 1 will be charged a \$25 registration fee or \$75 family rate. You can register via this form, online at [www.active.com](http://www.active.com), or at the Malcom Bridge Middle School office. Cost is \$15 for no-shirt option, \$20 for a Phantom Runner (those who want to support the event & get a t-shirt but cannot participate). Shirts will not be mailed. Race-day registration & packet pickup will begin at 7:00 a.m. Checks should be made out to: **The Titan Foundation**.



For more information, contact Carole Black [classicraceservices@gmail.com](mailto:classicraceservices@gmail.com) or Scott Burrell at [sburrell@oconeeschools.org](mailto:sburrell@oconeeschools.org).

Complete the entry below (make checks payable to **The Titan Foundation**) and return to MBMS Office ATTN: Scott Burrell, OR mail to: **2019 Lightning Bolt 5K, Malcom Bridge Middle School, 2500 Malcom Bridge Road, Bogart, GA 30622**

\*\*\***SPECIAL NOTE**\*\*\* Your entry fee will go to support the MBMS sport of your choice. Please check the sport of your choice below.

-----PLEASE PRINT – **ONE ENTRY PER FORM** - FORM MAY BE COPIED-----

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **Sex:** M F

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Event:** \_\_\_ Little Bolt \_\_\_ 1 Mile \_\_\_ 5K \_\_\_ Phantom Racer

**Shirt Size:** YS YM YL AS AM AL AXL AXXL or No Shirt

**MBMS Student:** \_\_\_ No \_\_\_ Yes (if Yes, indicate grade level \_\_\_\_\_)

**Pre-register:** Individual \$20 \_\_\_\_\_  
 Family \$65 \_\_\_\_\_

**Late (after Mar. 1):** Individual \$25 \_\_\_\_\_  
 Family \$75 \_\_\_\_\_

**Waiver:** I waive any and all claims for myself and my heirs against MBMS, the Titan Foundation, and any person or organization affiliated with the organizers, officials, sponsors, service providers and volunteers for damages, liabilities, injuries or illnesses I may receive from my participation in any event associated with this registration. I further state that I am in proper physical condition to undertake said event.

Participant's Signature: \_\_\_\_\_ Guardian Signature (if under 18): \_\_\_\_\_

\*\*\*Thank you for your contribution and participation in MBMS Athletics!\*\*\*  
 Please indicate a sport that you would like your donation to impact. Thank you!

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Basketball- Boys          | <input type="checkbox"/> Football         | <input type="checkbox"/> Track             |
| <input type="checkbox"/> Basketball- Girls         | <input type="checkbox"/> Soccer- Boys     | <input type="checkbox"/> Volleyball        |
| <input type="checkbox"/> Cheerleading (Football)   | <input type="checkbox"/> Soccer- Girls    | <input type="checkbox"/> General Athletics |
| <input type="checkbox"/> Cheerleading (Basketball) | <input type="checkbox"/> Softball         |  |
| <input type="checkbox"/> Cross Country             | <input type="checkbox"/> Special Olympics |  |

FOR OFFICE USE ONLY

Amt. Enclosed: \_\_\_\_\_ Date Received: \_\_\_\_\_

Cash or Check # \_\_\_\_\_