



Rehabilitation Services of Tifton
and
Tifton Fitness & Wellness Center

present the 13th Annual

Sweetheart Run

Saturday • February 13, 2010
Tifton, Georgia

5K Run at 9:00 am 1 Mile Run & Walk 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** - \$15 early registration, \$20 after Feb 5
1 Mile Run & Walk - \$12 early registration, \$15 after Feb 5

T-Shirts: All registered runners and walkers will receive a colorful long sleeve, high quality t-shirt

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

Information: Contact Cindy Spurlin or Sommer Dunston
Phone: 229-386-5200 • Fax: 229-386-1412 • Email: cindyrst@yahoo.com
Race helps benefit the Tift County Cross Country Team

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

Sweetheart Run 2010 5K & 1 Mile

DO NOT WRITE INSIDE BOX

Name _____ Phone (____) _____

Address _____ City _____ State _____ Zip _____

Birthdate _____ Age _____ Gender _____ ADULT T-shirt Size: S M L XL 2X _____

Email _____ YOUTH T-shirt Size: S M L

I wish to enter the following event(s):

- 5K - \$15, After Feb 5 \$20
 1 Mile - \$12, After Feb 5 \$15

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