



SATURDAY, AUGUST 24, 2013
9:45 A.M.

RACE DETAILS: 13th Annual Run/Walk (3.1 miles) 5K run/walk through Piedmont Park, Atlanta. All proceeds from this event will benefit International Orthodox Christian Charities (IOCC). Race begins at 9:45 am. Report to Park Tavern for Race Day registration and to pick up race packets (8:15-9:30 am). Walkers welcome! Strollers and dogs on leashes allowed. Chick-fil-a breakfast goodies, TCBY yogurt, Einstein Bagels & Live DJ.

AGE GROUPS/AWARDS: Overall Male & Female, Masters Male & Female, 1st place in each age group: 14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; 60 & over.

REGISTRATION:

- \$25 minimum donation
- Register on active.com
- Register on the IOCC website
- Download form and mail race entry – www.running4fitness.com OR www.rungeorgia.com
- Race day registration available
- Make checks payable to **International Orthodox Christian Charities (IOCC)** and mail to Atlanta IOCC Committee, 710 Ashford Cove Drive, NW, Lilburn, GA 30047-3558

T-SHIRTS: All participants will receive a 100% cotton short sleeved T-shirt. Register by August 14th to be guaranteed your t-shirt.

Race Info: Ed Williams, Race Director | 404-327-7738 | roadraceservices@comcast.net

Event/Sponsor Info: Matushka Angela Alessandroni | aalessandroni@comcast.net

Mira Brockett | mirjana11@bellsouth.net

ENTRY FORM – IOCC 5K – AUGUST 24, 2013 – 9:45AM

Make checks payable to International Orthodox Christian Charities (IOCC) and mail to Atlanta IOCC Committee, 710 Ashford Cove Drive, NW, Lilburn, GA 30047-3558

Circle one: 5K Run 5K Walk

Circle Shirt size: Youth S Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL

Enclosed is my registration fee of \$ _____ Additional donation \$ _____

NAME _____ AGE _____

ADDRESS _____

CITY/STATE/ZIP _____ GENDER [] M [] F

E-MAIL _____ PHONE _____

Waiver In consideration of the acceptance of my entry, I, intending to be legally bound, do hereby myself, my heirs and my assigns, waive any and all claims I or any below named minor may have against any of the Orthodox Churches in greater Atlanta, or IOCC, or any event volunteer or sponsor, or any city or public entity or agent for any and all inquiries suffered by me, while traveling to, from and/or participating in the IOCC Run/Walk and do hereby state that I assume any and all risk inherent in same. I further state that I am in good physical condition to participate in this event.

Signature of participant /Parent or guardian's signature if under 18 years of age

Date