

Come Smell the Coffee...



Tiger Trot 5K **8 am * Saturday** **October 9, 2010** **General Coffee State Park**

T-SHIRT SIZE: () S () M () L () XL () XXL \$2 extra

NAME _____ AGE _____ SEX _____ DOB ____/____/____

ADDRESS _____ EMAIL (optional) _____

CITY _____ STATE _____ ZIP _____ PHONE (____) _____ - _____

PreRegistration Fee: \$15/Day of Race: \$20

Total Enclosed: \$ _____

Mail to:

South Georgia College, 100 West College Park Drive, Douglas, GA 31533

SIGNATURE (Parent if under 18 years of age) _____

Date _____

Come Smell the Coffee Tiger Trot 5K Release Waiver: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against South Georgia College, General Coffee State Park, the sponsors of the race and their successors, and assigns for any and all injuries suffered by men in said event. I attest and verify that I am physically fit and sufficiently trained for the competition of this event, and that a licensed medical doctor has verified my physical condition. I know that participating in this event is potentially a hazardous activity I should not enter unless I am medically able and properly trained. I agree to abide by any decisions of race officials relative to my ability to safely complete the course. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and conditions of the road. I understand that the course is open to vehicular traffic and will compete with due care. Further, I hereby grant full permission to any and all of the foregoing to use any email, photographs, videotapes, motion pictures, recording or any other record of this event for any purpose whatsoever.