

# McDONOUGH LIONS CLUB RUN FOR THE CUBS



**5K and Certified 10K** Courses to benefit programs in our local Henry County Community!

## Saturday October 9, 2010

5K - \$15 Pre-Registration; \$20 Race Day  
 10K Certified Course - \$20 Pre-Registration; \$25 Race Day

- **7:00AM** - Race Day Registration/Check-in Begins
- **8:00AM** – 5K Run Begins
- **9:00AM** – 10K Run Begins

*T-shirts for all participants; Awards for standard age groups and Raffles available after the races  
 Fruit and water refreshments will be available to all race participants*

**Directions:** From I-75, Exit 218(Highway 20/81) towards McDonough. Follow Hwy 81 to the McDonough Square. After passing the Square, continue on Hwy 81. Make a Left on Zack Hinton Parkway (CVS on the corner). Make the first Left onto John Frank Ward Blvd (one way road). The Justice Center is on your Right. There will be plenty of parking in the Justice Center and adjoining parking lots.



Specialty Running Retail Sponsor



Pre-Registration Available Online

### OFFICIAL RACE ENTRY FORM

*Make all checks payable to: **McDonough Lions Club**, PO Box 1952, McDonough GA 30253  
 One form for each runner, please – this form can be duplicated*

Name: _____	Age/Sex: _____	Male	Female			
Address: _____	Email: _____					
T-Shirt (circle one):	Youth Med.	Small	Medium	Large	XL	XXL
Race(s) participating in:	5K			Certified 10K		
May we share your mailing address with other local 5K/10K races?					Yes	No

*On behalf of myself, my heir(s), executors, estate, successors and assigns, I hereby waive any and all claims against the sponsors and officials of the Run for the Cubs for injuries, illness or damages which may result directly or indirectly from my participation; and expressly releases said officials and sponsors from any and all such claims for injury, illness or damage resulting there from. The undersigned affirms that he or she is in proper condition to participate in this event.*

Signature: \_\_\_\_\_ Guardian if under 18: \_\_\_\_\_

