



RISE 'n RUN

4th Annual 5K Run/Walk



North Fulton Community Charities

NFCC's mission is to prevent homelessness by supporting families in their homes during short-term emergencies.



Date: Saturday - September 19, 2009

Time: 7:30 AM - Rain or shine

Start: Hembree Springs Elementary School
815 Hembree Road / Roswell, GA 30076

Course: The 5K is a 50/50 crushed gravel/asphalt course that will run on the beautiful Hembree Park grounds and the surrounding quiet neighborhood streets. And kids, run along with your parents for the first 1K that finishes in the Hembree Park playground.

Run & See Georgia Grand Prix Series:

Receive points for running/placing in Roswell Rise 'N Run.



Entrance Fee Information:

- \$17 by Monday, September 14, 2009
- \$20 on Race Day
- \$10 for 1K Fun Run

Mail application with check payable to NFCC to:

NFCC - Roswell Rise 'N Run
11270 Elkins Road
Roswell GA 30076

Register Online: www.Active.com

Race Questions: NFCC Office @ 770 640-0399

Prizes: Awards to first overall male & female and masters winners, plus top 3 finishers in each age group. Door prizes are given at the awards ceremony.

Age Groups:	9 & under	10-14
15-19	20-24	25-29
30-34	35-39	40-44
45-49	50-54	55-59
60-64	65-69	70 & up



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Check Your Event: 5K Run/Walk 1K Fun Run

Name _____ Age (on 9/19/09) _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____ Other _____ **Shirt Size:** S M L XL XXL

Youth Size: S M L

WAIVER & RELEASE: I am in proper physical condition to participate in this event. In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials, volunteers, and/or sponsors of the Roswell Rise 'N Run for any injury or illness which may directly or indirectly result from my participation. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose. I understand that dogs or other animals, in-line skates, skateboards, bicycles and vehicles to transport children are prohibited.

Signature _____

(If under 18, signature of parent / guardian)

Date: _____