



A Step at A Time

Sunday, February 22, 2015
13th Annual Road Race
5K and 1-Mile Fun Run



To benefit the **Carroll County Emergency Shelter**
... seeking to conquer domestic violence “a step at a time.”

Scenic, Fast Course featuring Carrollton Greenbelt!
Electronic Timing! Peachtree Road Race qualifier!
5K USATF cert. # GA13130WC

2:00 – 1-mile Fun Run
2:15 – 5K Road Race

East Carrollton Recreation Center
410 North Lake Dr. Carrollton, GA 30117

Entry Fees

\$25 by 2/13
\$30 race day
Race day registration begins at 1:00.

Awards

Ribbons to all Fun Run finishers.
5K: Overall male and female
Masters male and female
Top 3 male and female in these age groups:
10-14, 15-19, 20-24, 25-29, 30-34, 35-40, 40-44,
45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and
over.

T-Shirts

Pre-registered 5K and 1 mile entrants will receive a T-shirt.
A limited number will be available on race day.

Name:			Sex:		Age (as of 2/22):			
Street:		City:		State:		Zip:		
Email:			Sponsor name (if applicable):					
Event:	5K	1 Mile	T-shirt size:	S	M	L	XL	XXL
(Circle one)			(Circle one)	Youth:	S	M	L	

Please register at active.com or mail completed registration form along with check (**\$25 before 2/13, \$30 after 2/13**) payable to: **Carroll County Emergency Shelter, P.O. Box 2192, Carrollton, GA 30112**

WAIVER: In consideration of acceptance of this entry, I, the undersigned, intend to be legally bound, hereby, for myself, my heirs, executors, and administrators, waiver and release any and all rights and claims for damages I may have against Carroll County Emergency Shelter, Inc. or its sponsors, officials, workers, representatives, successors, assigns, for any and all injuries suffered by me in this event.



Signature of Participant

Signature of parent or guardian (If under 18)

Questions? Contact Carol Hogan – cbhogan@charter.net

From Atlanta take I-20 West to Exit 24. Turn left (South) onto Highway 61 to Carrollton (12 miles).
Turn right onto Highway 166 Bypass (just past Ryan’s steakhouse).
Turn at the second left, North Lake Drive. Recreation Center is immediately on left.