

The March Mad Dash



5K Trail Run and 3K Trail Walk

All proceeds benefit "Jesse's House", an emergency children's shelter serving the Greater Atlanta Metro Area.

Saturday, March 21st - 9:00 am • Registration - 8:00 am

REGISTRATION FEES

5K Run - Early Registration by Mon., Mar.18 - \$15

5K Run - Race Day Registration - \$20

Registration Closes at 8:45 am (Sorry, No Refunds on any registrations)

REGISTER by mailing check, postmark deadline Monday, 3/16/09 - Use form below.

RACE DAY REGISTRATION - Check-in at Registration Table at St. Francis High School Parking lot.

RACE DETAILS: Race will take place on mixed-terrain and will start and end at St. Francis High School, 13440 Cogburn Rd, Alpharetta, GA.

- Mile splits are called - Water offered along course.

- All entrants receive a free T-shirt.

- Granola Bar, fresh fruit, and water provided courtesy of Harry's Whole Foods Market .

- Sponsored by the St. Francis Athletic Department and the St. Francis High School Booster Club.

Parking is available beginning at 8:00 am St. Francis High School. **For directions, Google 13440 Cogburn Rd., Alpharetta, GA 30004.**

AGE GROUPS: 13 and Under, 14-18, 19-34, 35 and Over and Masters (50+)

AWARDS will be given to: 1st Place "Over All" male and female finishers AND the 1st, 2nd, & 3rd Place finishers for each age group.

Join us for **March Mad Dash** for a great cause, **Jesse's House**, an emergency children's shelter serving the Greater Atlanta Metro area.

<http://www.jesseshouse.org>

ENTRY FORM - 1st Annual **March Mad Dash** 5K Trail Run and 3K Trail Walk - March 21, 2009

Complete this form with check payable to: SFS

Mail to: Fun Run, 13440 Cogburn Rd., Alpharetta, GA 30004 - All donations are tax deductible

(Print Clearly) Last Name: _____ First Name: _____

Address: _____ City: _____ St. _____

Zip: _____ Phone: _____ E-mail _____

(Circle) **AGE** as of Mar. 21, 2009 _____ Sex: **M** **F**

(Circle One) **T-Shirt size = Youth Size: L Adult Sizes: S M L XL XXL XXXL**

Waiver: In consideration of entry, I waive any and all claims for myself and my heirs against St. Francis High School, and Jesse's House, Fulton County, the City of Alpharetta or officials of The March Mad Dash for illness or injury that may result directly from my participation. I further state that I am in proper physical condition to participate in this event. I also give my permission to the use of my name or picture in any broadcast. Telecast. Or any public account of this event, as well as for advertising of future events.

Required signature of Participant (or Guardian if under 18 years of age): _____

Please tell us how you heard about the race - Circle one: Friend Mail Website Other _____

For Race Information, please call: 770-641-0234, Ext. 22 or ccroom@stfransschool.com