

# The Pacemaker 5000



at Crystal Lake Golf & Country Club

## A 5K Run & Walk benefitting Henry Medical Center

Saturday, August 21, 2010 | Sponsored by Southern Heart Specialists, P.C.



### RACE INFORMATION

- Date** Saturday, August 21, 2010
- Time** Registration—7:00am 5K Race—8:00am 1 Mile Walk—8:15am Tot Trot—8:30am on pool deck
- Location** Crystal Lake Golf & Country Club, Hampton, Georgia  
*Take I-75 exit 221, west on Jonesboro Road, 2.1 mile left on N. Mount Carmel Road, 1.5 mile right on Mt. Carmel Road, .8 mile to registration at Higher Living Christian Church on left*
- Prizes** Awards to 1st-3rd place male and female; all participants receive race t-shirt  
 Brunch provided by Crystal Lake Grill at conclusion of race at Crystal Lake Aquatics Pavilion  
 Fruit & water provided to race participants

### REGISTRATION

- 5K Run** \$15 Pre-Registration / \$20 Race Day
- 1 Mile Walk** \$10 Pre-Registration / \$15 Race Day
- Tot Trot (6 & Under)** Free!
- Group Registration** Teams of 10+ pre-registered together for 5K receive special rate of \$12.50 per person
- 5K Age Divisions** Male, Female & Wheelchair:  $\leq 10$ , 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,  $\geq 70$

### THANK YOU TO OUR SPONSORS



### PARTICIPANT REGISTRATION FORM

Send checks payable to: **HMC Foundation, Pacemaker 5000**,  
 1133 Eagle's Landing Pkwy, Stockbridge, GA 30281

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ T-Shirt Size (circle one) YM S M L XL XXL Race (circle one) 5K 1Mile Wheelchair Tot Trot

IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, THE UNDERSIGNED, AND FOR HIS OR HER HEIRS, SUCCESSORS AND ASSIGNS, (1) HEREBY WAIVES ANY AND ALL CLAIMS AGAINST THE SPONSORS AND OFFICIALS OF THE PACEMAKER 5000 RUN FOR INJURIES, ILLNESS OR DAMAGES WHICH MAY RESULT DIRECTLY OR INDIRECTLY FROM MY PARTICIPATION; AND (2) EXPRESSLY RELEASES SAID OFFICIALS AND SPONSORS FROM ANY AND ALL SUCH CLAIMS FOR INJURY, ILLNESS OR DAMAGE RESULTING THEREFROM. THE UNDERSIGNED AFFIRMS THAT HE OR SHE IS IN PROPER CONDITION TO PARTICIPATE IN THE EVENT.

Signature \_\_\_\_\_ Guardian (if under 18) \_\_\_\_\_