



Rabun Ramble 5K/10K July 2, 2011 - 7:30 A.M.



www.RabunRamble.com



Join us in the beautiful mountains surrounding Lake Rabun in northeast Georgia as you get your training miles in for the Peachtree Road Race. Our 5K and 10K courses will be just that warm-up you've been looking for and our scenery and temperatures will be just what you need! Plenty of fun and food and refreshments... colorful race shirt to all! Awards in 5-year increments (10 & under to 70 & over, plus overall male & female and overall male & female masters).

Fees: \$25 before 6/25; \$30 after 6/25 and race day. Proceeds will go to the Lake Rabun Foundation, which provides four year college scholarships to Rabun County students.

Races begin and end at the **Lake Rabun Pavilion by Hall's Boathouse** at Lake Rabun. Both races are out-and-backs.

Questions? Contact Sandy O'Brien at 706-782-7043 or 917-903-8961, (sandy@sandyobrien.net).

Make check payable to: **Rabun Rumble**. Mail completed forms and check to: 1860 North Rock Springs Road NE, Suite 200, Atlanta, GA 30324

Name: _____ Age: ____ Sex: ____

Address: _____ City: _____ State: ____ Zip: _____

Phone Number: _____ Email _____ Address: _____

T-shirt (Circle one): YM S M L XL Event (Check one): 5K ____ or 10K ____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rabun Ramble, the Lake Rabun Association and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I certify that I am 18 years of age or older, or that I am the parent/guardian of the entrant and am granting permission for him/her to participate.

The undersigned certifies that he/she has read the disclaimer on this entry form and agrees to the conditions stated.

Signature _____ Date _____