

4th Annual NCC Academy Crusader Country 5K



Saturday ♦ March 29th, 2014 ♦ 4:00pm

\$20 until March 26th ♦ \$25 after March 26th

Groups of 10 or more please contact Bonnie Gardner: 770-898-9728

Children 7 and under race free (t-shirt not included)

- ♦ **Location:** New Creation Christian Academy, 330 Lake Dow Rd., McDonough, GA 30252
- ♦ **Course:** Out and back course from the NCCA campus with rolling hills.
- ♦ **Race Packets:** May be picked up at NCCA on Friday, March 28th from 9 a.m.-1 p.m. Pre-registration is encouraged, but race-day registration is welcomed. Race day registration ends at 3:45pm.
- ♦ **Race T-Shirts** guaranteed to all runners registered by March 12th. Shirts will be available to all others based on availability.
- ♦ **Age Groups:** 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69. Top finishers in each age group will receive awards and recognition at the close of the race.

♦ Race timing handled by Revolution Running ♦

www.revolutionrunning.net



2014 Crusader Country 5K

Name _____ Age (on race day) _____ Sex: Male or Female

Address _____ City _____ State _____ Zip _____

Preferred Phone _____ Email _____

Group Name _____

Youth Sizes: YS YM YL

Adult Sizes: Sm Med L XL XXL - \$2.00 extra XXXL \$3.00 extra

***Waiver:** Photographs taken of me before, during, or after the race are the property of NCCA, and may be used to promote this and other future school events. In consideration of acceptance of this entry, I waive any/all claims for me and my heirs against officials and/or sponsors of the Crusader Country 5K Run, New Creation Christian Academy, and Southern Crescent Baptist Church for any illness or injury which may result from my participation. I realize these are strenuous events which require proper physical conditioning. I hereby certify that I am in proper physical condition to participate in this event.*

Signed _____ Guardian, if under 18 _____

Date _____ Emergency contact and phone number _____