



6th Annual Jingle Jog

JINGLE JOG 5K and 1K FAMILY RUN ***Saturday, December 3, 2016***

The Jingle Jog is a 5K/1K walk-run to benefit the Ford Elementary School Foundation. The race starts and finishes at Ford Elementary and covers a scenic route with rolling hills.

<u>Event Schedule</u>	<u>Registration costs</u> <u>on or before 11/18 deadline</u>	<u>Registration costs</u> <u>after 11/18</u>
6:45 - 7:30 am Registration	\$20 K-5 th grade & Cobb County employees	\$25 K-5 th grade
7:45 am 1K Family Fun Run	\$25 6 th grade to 100 years young	\$30 6 th grade to 100 years young
8:00 am 5K Run/Walk	\$60 Family Cap (max. 5 family members)	\$70 Family Cap (max. 5 family members)

Phantom Runner opportunity available should you want to make a donation but unable to participate in the actual run.

Race t-shirts are provided for all entrants registering prior to the 11/18 deadline.

To register, mail this form with check payable to CCSF- Ford Elementary School Foundation:

Ford Elementary School Foundation
1345 Mars Hill Road
Acworth, GA 30101

Jingle Jog 5K and 1K Family Run

(One per participant / family)

Registration: _____ x \$ 20 K-5th grade
_____ x \$ 25 6th grade to 100 years young
_____ x \$ 60 Family (max. 5 family members)

\$ _____ TOTAL (Make check payable to CCSF-Ford Foundation)

See reverse for shirt order and waiver

Available Shirt Sizes
Youth – XS, S, M, L, XL
Adult – S,M,L,XL

Name(s) _____ Age: ____ Shirt Size: ____

Names(s) _____ Age : ____ Shirt Size: ____

Names(s) _____ Age: ____ Shirt Size: ____

Names(s) _____ Age: ____ Shirt Size: ____

Names(s) _____ Age: ____ Shirt Size: ____

Address: _____ City _____

Zip: _____

Email: _____ Phone: _____

Waiver: *In consideration of acceptance of this entry, I waive any and all claims for myself and/or my heirs for any injuries I may incur as a result of my participation in the Ford Elementary Foundation Jingle Jog, thereby releasing all sponsors and volunteers associated with this event from liability. I understand that jogging/running/walking is a strenuous sport and I further state that I am in proper physical condition for this event.*

Signature: _____ Date: _____