



ATLANTA CHAPTER JACK AND JILL OF AMERICA, INC.

5K RUN, ONE-MILE RUN & HEALTH FAIR

Saturday, April 28, 2012

Atlanta's Historic Washington Park

The Atlanta Chapter of Jack and Jill presents the Jack and Jill of America, Inc., National Day of Fitness 5K Run, One Mile Run /Walk and Health Fair.

EVENTS

5K Run
One Mile Run/Walk
Health Fair
100 yard dash (age2-6)

EVENT DAY SCHEDULE

7:00 a.m. – Registration/Package Pick-up
8:15 – Aerobic Warm-up
8:45 – 5K begins
9:00 a.m. – 1 Miler begins
10:00 – 100 yd Dash(age2-6)

NO FEE:

HEALTHY LIVING HEALTH FAIR

8:00 a.m. – 11:00 a.m.

Blood Pressure, Cholesterol, Glucose Eye & Dental screenings; weight loss experts, Zumba, fitness activities and more.

TRANSPORTATION

Due to limited parking around Washington Park, MARTA is the suggested form of transportation. ASHBY TRANSIT stop is two blocks from race start line.

We encourage you to register for our event on-line at www.active.com by Monday April 23; search for "Atlanta Chapter, Jack & Jill 5K." You may also mail in the attached form.

REGISTRATION FEE (RUN ONLY)

5K/One Mile Run--\$20 until 4/7/12
\$25 After 4/7/12 & Day of Event

LOCATION

Historic Washington Park
102 Ollie Street, Atlanta 30314

ABOUT JACK AND JILL

Jack and Jill of America, Inc is a national organization of African American mothers who nurture future leaders. We strive to strengthen children ages 2-19 through cultural activities, community service, legislative advocacy and philanthropic giving.

ACHIEVE INSPIRE MOTIVATE (AIM)

The objective for this Inaugural AIM for Healthy Living event is to encourage healthy living and physical fitness in the communities we serve.

PROCEEDS

Jack and Jill of America, Inc. Foundation, local and national charities.

For More Information Call: 404-520-5150

Email: Katrinablas@gmail.com

For More Information about the Atlanta Chapter Jack & Jill: www.jackandjillatlanta.org

REGISTRATION

Please print clearly in ink. One entry form per person. Form is reproducible.
(* indicates required information).

* **First Name** _____ * **Last Name** _____ **MI** _____

* **Gender:** Female _____ Male _____ * **Age** _____

* **Email:** _____

* **Phone:** Day _____ Evening _____

* **Address:** _____

* **City:** _____ * **State/Zip** _____

* **Event:** 5K _____ One-Mile _____ Health Fair (no fee) _____

*T-shirt Size: (Run Only/Circle Size)

Adult: S M L XL XXL **Youth:** S M L XL

5K/ONE MILE RUN ENTRY FEE

BY 4/7/12 -- \$20.00 _____ After 4/7/12 & Day of Event -- \$25 _____

Checks payable to: Atlanta Chapter Jack & Jill. Do not mail cash; entry fee nonrefundable.

MAIL TO: Atlanta Chapter Jack & Jill, ATTN: Road Race, 2759 Engle Rd, Atlanta, GA 30318

RELEASE AND WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and participate 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 in this Atlanta Chapter of Jack and Jill of America, Inc. Race, including but not limited to falls, contact with other participants, the effects 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. I understand and will abide by the rule that no pets are permitted in the race. 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 Atlanta Chapter of Jack and Jill of America, Inc., all city, county, and state governments, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. 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.

Signature (If under 18, Parent/Guardian Signature)

Date