



"... I may have had a tough break, but I have an awful lot to live for..."
-Lou Gehrig

2021 West Georgia ALS 5K & 1 Mile Fun Run

Saturday, August 14th

Bremen Parks and Recreation Department

Race Start: 5K 7:30 a.m./Fun Run 8:30 a.m.

Doors open at 7 a.m.



Promoting Healthy & Enriching Lifestyles

In Memory of: Harold Blackmon, Harold Brooks, Renee Hendrix, Brent Hilburn, Marion Longshore, Regina Loveless, Leonard Mathis Sr., Michael Merrell, Linda Maxwell, John Oxendine, Don Potet, Randall Redding, Napoleon Riddle, Vera Rogers and Donnie Rowell, Maxine Wright

5K Awards: 1st Overall Male and Female

Age Groups (Male & Female): 10& 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, 70-74 and 75 & Over

1 Mile Fun Run Awards: 1st Overall Male and Female (Fun Run Age groups: 10 & Under / 11-15) **Cost: \$20 (Fun Run Only)**

5K Cost: \$30 for Pre-registration and \$35 for Late Registration
(Early Registration ends August 4th)

Race will begin at the BPRD Gymnasium starting at 7:30 a.m.
Day of registration will begin at 6:45 a.m. and end at 7:15 a.m.

****Day of Registration is not guaranteed a t-shirt****

***All proceeds will benefit the Georgia Chapter of the ALS Association**
***All Donations are Welcome**

Community Partner

An Event to Benefit
The ALS Association

Register Online @ www.bremenrec.org
or by calling 770-537-4222



Mail form and entry fee to:
Bremen Parks and Recreation Dept.
417 River Circle
Bremen, GA 30110

All fields must be filled in/Separate Forms required for additional participants

By Signing you are agreeing that you have read the below/attached/on back of form Release and Liability Form and agree to what it contains.

*Checks Payable to:
Bremen Parks and Recreation
Phone: 770-537-4222
Fax: 770-537-6172
email: bremenrec@gmail.com

Name: _____
Address: _____
Phone: _____
Email: _____
Shirt Size: (Indicate Youth/Adult) _____ Gender: _____
Age on or before Race Day: _____
Additional Donation Amount \$ _____

A participant under the age of 18 must have parent signature
Sign: _____ Date: _____
Parent Name if Under 18
Print: _____ Date: _____

Release and Liability Waiver:

CITY OF BREMEN PARKS & RECREATION DEPARTMENT
RELEASE OF LIABILITY FOR PARTICIPANTS READ
BEFORE SIGNING IN CONSIDERATION for being allowed
to participate in any way in the City of Bremen Parks &
Recreation Department programs, related events and
activities, the undersigned acknowledges, appreciates,
and agrees that: 1. The risk of injury to myself from the
activities involved in these programs is significant,
including the potential for permanent disability and
death, and while particular rules, equipment, and
personal discipline may reduce this risk, the risk of
serious injury does exist; and, 2. FOR MYSELF, SPOUSE
AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL
SUCH RISKS both known and unknown, EVEN IF
ARISING FROM THE NEGLIGENCE OF THE RELEASEES
or others, and assume full responsibility for my
participation; and, 3. I willingly agree to comply with
the program's stated and customary terms and
conditions for participation. If I observe any unusual
significant concern in my readiness for participation
and/or in the program itself, I will remove myself from
participation and bring such attention of the nearest
official immediately; and, 4. I, for myself, my spouse,
my child, and on behalf of my/our heirs, assigns,
personal representatives and next of kin, HEREBY
RELEASE THE other participants, sponsoring agencies,
sponsors, advertisers, and if applicable, owners and
lessors of premises used to conduct the event
(Releasees), WITH RESPECT TO ANY AND ALL INJURY,
DISABILITY, DEATH, or loss or damage to person or
property incident to my child's involvement or
participation in these programs, WHETHER ARISING
FROM THEIR NEGLIGENCE OF THE RELEASEES OR
OTHERWISE, to the fullest extent permitted by law. 5.
I, for myself, my spouse, my child, and on behalf of
my/our heirs, assigns, personal representatives and
next of kin HEREBY INDEMNIFY AND HOLD HARMLESS
all the above Releasees from any and all liabilities
incident to my involvement or participation in these
programs, EVEN IF ARISING FROM THEIR NEGLIGENCE,
to the fullest extent permitted by law. I HAVE READ
THIS RELEASE OF LIABILITY AGREEMENT, FULLY
UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE
GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND
SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY
INDUCEMENT. UNDERSTANDING OF RISK I understand
the seriousness of the risks involved in participating in
this program, my personal responsibilities for adhering
to rules and regulations, and accept them as a
participant.