



**Strides for Strength 5-K**  
**Saturday, September 26, 2009 at 9:00 a.m.**  
**Suwanee Town Center & Greenway Park**

The Strides for Strength 5-K kicks off the "Celebrate Service Music Festival", presented by Amigos for Christ. Proceeds from the 5-K benefit local ministries and service organizations. We invite all runners, families and friends to stay at the park and enjoy non-stop activities all day. A live music festival begins at noon with Steve Fee and Matt Maher headlining in the evening. There will be inflatables, good food and games for all ages. Area service organizations will present an interesting and colorful array of displays throughout the park. It's a day not to miss!

**The Course:** starts and finishes at the City of Suwanee Town Center Park Amphitheatre. The out and back route follows the beautiful Suwanee Greenway Park.

**Date:** Saturday, September 26, 2009

**Location:** Suwanee Town Center Park, at the intersection of Lawrenceville-Suwanee Rd. and Buford Hwy.

**Times:** **Registration begins at 8:00 a.m.**  
**Race begins at 9:00 a.m.**

**Cost:** \$30.00 per runner

**Awards:** All participants receive a Festival tee shirt and after-race snacks. Award categories are: Men and Women Overall, and first, second and third place awards for men and women in 5 year increments from age 15 to age 65 and up.

**Contact:** Amigos for Christ at (770) 614-9250 or [www.amigosforchrist.org](http://www.amigosforchrist.org) for online registration or more information.

**Registration Form**

**Name** \_\_\_\_\_ **Age** \_\_\_\_\_ **Shirt Size: AS AM AL AXL**

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone ( )** \_\_\_\_\_

**Check** \_\_\_\_\_ **Cash** \_\_\_\_\_ **Make checks out to AMIGOS FOR CHRIST**

I understand that I am participating in this event, which is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, active.com and each of their agents, representatives, successors, and assigns, and all other persons associated with the event, from any liabilities, claims, actions, or damages that I may suffer in my participation in this event. I understand that this waiver includes any claim, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photograph, videotape motion picture, website image, recording or any other record of this event.

**Signature / Guardian (under 18)** \_\_\_\_\_ **2009**