



___ Fees received
___ Sponsor (reg fees included in sponsorship)
___ Cash ___ Check ___ Credit Card
RUNNER # (5K only)



9th Annual
Phoenix Rising
Virtual 5K & 1 Mile Fun Run
Supporting sexual assault survivors

Due to the surge of covid in our area, we are taking our race virtual! This means you can run as an individual, in the safety and comfort of your neighborhood, and submit your time for credit. All races should be completed between Thursday, October 21 and Sunday, October 24.

COURSE: Your neighborhood!

AWARDS: 5K First Place for overall male and female. Everyone who submits a photo/video of their run will be entered into a drawing for prizes! Runners who submit their times by the deadline will also be entered into a drawing for other prizes!

REGISTRATION: Pre-register by mail to Crisis Line & Safe House of Central Georgia, 915 Hill Park, Suite 100C, Macon, GA 31201. Alternately, you may register at our website cl-sh.org/registration-for-annual-phoenix-rising-5k/

The first 70 race registrants will receive a commemorative pin!

ENTRY FEE: \$20.00 if received before Sunday, October 3, 2021. \$22.00 after October 23.

Make check payable to: **Crisis Line & Safe House of Central Georgia.**

INFORMATION: Race packets will be mailed after the race, and will include a t-shirt and other fun items. Race times must be submitted by email to avanderheyden@cl-sh.org by COB Monday, October 25, for credit. For more information, call Anneliese Vanderheyden at 478-319-1075.

Registration may also be completed online at cl-sh.org, or georgiarunner.com

Runner Name (please print)	Sex	Age
Mailing Address	City	State Zip
Phone Number	Email Address	

I wish to participate in the ___5K ___Fun Run

Shirt size: ___AS ___AM ___AL ___AXL ___AXXL ___AXXXL ___No shirt

WAIVER: In consideration of this entry for the 2021 Phoenix Rising 5K and Fun Run, I hereby waive all claims for myself and my heirs against any race official or sponsor, Reflections Psychotherapy, LLC, or Crisis Line & Safe House of Central Georgia for any injury or illness which may directly or indirectly result from my participation in these events. I further state that I am in proper physical condition to participate in this event. I hereby grant race officials and/or sponsors permission to use my photograph or other records of the event for any legitimate purpose.

Signature (Parent/guardian must sign if participant is under 18 years old)	Date
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