



# **2025 West Georgia ALS 5K** **& 1 Mile Fun Run**

## **Saturday, August 9th**

Bremen Parks and Recreation Department



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

Doors open at 6:45 a.m.

**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 Poteet, Randall Redding, Napoleon Riddle, Vera Rogers and Donnie Rowell, Maxine Wright, Victoria Dale

### **5K Awards: 1<sup>st</sup> 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:** 1<sup>st</sup> 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 1st)**

**Race will begin at The Hub starting at 7:30 a.m.**

**Packet Pick up will be August 7<sup>th</sup> from 8am-5pm @ The Bremen Parks and Rec**

**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\*\***

**Register Online @ [www.bremenrec.org](http://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

\*Checks Payable to:  
Bremen Parks and Recreation  
Phone: 770-537-4222  
Fax: 770-537-6172  
email: [bremenrec@gmail.com](mailto:bremenrec@gmail.com)

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Shirt Size: (Indicate Youth/Adult) \_\_\_\_\_ Gender: \_\_\_\_\_

Age on or before Race Day: \_\_\_\_\_

**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.**

Signature: \_\_\_\_\_

# 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.