



5K / 1 MILE GLOW RUN



Friday, April 28, 2023 | Emmett Drive Tifton, GA Behind the MSK (Musculoskeletal) Building

Schedule of Events:

- 7:45 pm 5K Run
- 8:15 pm 1 Mile Glow Run
- 9:00 pm Awards Ceremony

Registration & Entry Fee:

5K and 1 Mile Glow Run & Walk - Registration is \$35.00 including t-shirt if on or before April 10, 2023.
 Late registration and day of event registration will be \$35.00 excluding t-shirt. Kids 12 and under are free, excluding shirt. Child shirt is \$20.

Please register by filling out the form below or register and pay online: www.MySouthwell.com/glow-run

Proceeds will benefit the Community Spirit Fund.

Awards:

5K – Overall Male & Female Winner, Top Male & Female Masters, Top Male and Female Winner in following age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over.

1 Mile – Overall Male & Female Winner, Top Male and Female Winner in following age groups: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over.

T-Shirts: All participants will receive an official 2023 Glow Run T-shirt if registered by April 10th.

For more Information:

Please contact Deprise Shelton- 229-353-7047, Gabe Reese- 229-402-3335, Emily LaMontagne- 229-402-7704, Ashely Kinchen- 229-256-3837.

Official Entry Form 2023 Southwell Glow Run

Sign me up: 5K Run 1 Mile Glow Run & Walk Choose: Adult: \$35 Child w/ Shirt: \$20 Child no shirt: FREE

Name (Please Print): _____ Male Female

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Birthdate: _____ Email: _____

Choose shirt size (leave blank if not buying child shirt). Adult Sizes: Small Medium Lg XL 2XL

Child Sizes: Small Medium Lg XL

I will pay online, with cash, or with a check made payable to Southwell Community Spirit Fund.

I would like to Payroll Deduct my registration fee | Badge Number: _____ | Choose number of payroll deductions:

\$25 or less = one pay period \$26-\$50= two pay periods | By signing here, I authorize deduction from my paycheck for the payment of

the fee ordered based on the guidelines described above. Employee Signature: _____