



5K / 1 MILE GLOW RUN



SCAN ME

**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.
 Age 12 & under- free, excluding shirt. Child shirt is \$20.
 Late registration and day of event registration will be \$35.00 excluding t-shirt.

Please register by filling out the form below or by going to our website: www.MySouthwell.com.

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 Beth Ryther 229-353-6942, Emily LaMontagne- 229-402-7704, Gabe Reese- 229-402-3335, Ashley Kinchen- 229-256-3837, Deprise Shelton 229-353-7047

Official Entry Form 2023 Southwell Glow Run

Sign me up: 5K Run 1 Mile Glow Run & Walk

Name (Please Print): _____ Male Female

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

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

One T-Shirt per participant.

Adult Sizes: Small Medium Lg XL 2XL

Child Sizes: xSmall Small Medium Lg XL

Payroll Deduct | Employee Badge Number _____

Please drop-off this completed form at the Service Excellence building (1812 Lee Avenue, Tifton) or send to Service Excellence in the hospital mail.