

**MILLEN MILERS AND MORE
THIRTEENTH ANNUAL CROSS COUNTRY 4.8**

November 13, 2010

This event also serves as the
**USATF GEORGIA ASSOCIATION OPEN AND MASTERS
CROSS COUNTRY CHAMPIONSHIPS**

WHERE: Magnolia Springs State Park, five miles North of Millen on US 25

WHEN: 9 a.m.

USATF CHAMPIONSHIPS: USATF-GA is providing entry to, travel and expense reimbursement up to \$1000 for the top Open Men's and Women's finishers (MUST be USATF-GA members) to compete in the USATF Club Cross Country National Championships in Charlotte, NC, on December 11. Should the winner be unable to go to the championship, the financial award will roll down for USATF-GA members.

USATF medals, five deep, will be awarded to members of USA Track and Field in Open (19-39) and three deep in Masters (40 and over, five year age groups) competition. These are in addition to the race awards.

Enter your USATF number on entry form. USATF numbers can be purchased at: www.usatf.org

RACE AWARDS FOR ALL ENTRANTS:

Awards for the 4.8 mile race will be presented three deep, male and female, overall; first and second male and female, masters (over 40); and three deep in age groups 10 and under, 11-14, 15-19, and five-year age groups through 85 and over. Overall and Masters winners not eligible for age-group awards.

MASTERS CASH AWARDS:

\$100 TO THE BEST AGE-GRADED RESULT, MALE AND FEMALE WHO ARE MEMBERS OF USATF.
\$50 TO SECOND SECOND-BEST AGE GRADED RESULT, MALE AND FEMALE WHO ARE MEMBERS OF USATF.

You do not need to be a member of USATF to take part in the Cross Country 4.8 mile race, but you must have a USATF Athlete's number to participate in the USATF Championships and to be eligible for the \$100 award.

TEAM COMPETITION: Open (39 and below) and Masters (40 and over) teams, male and female, are welcome! Score first three from each team (5 max) by total time; individual medals to each team member, first, second, and third place. Team medal winners WILL also be eligible for individual awards. Just let registration know BEFORE the race who will be on the team and whether it is Open or Masters. All team members must be in the same category (of the 4 categories mentioned above).

This event is also to benefit Magnolia Springs State Park and the State Parks of Georgia. You will receive information on becoming a member of Friends of Magnolia Springs State Park or the Friends organization at a state park near where you live. Members of Friends of any Georgia State Park receive a 50% discount off their entry (must present membership card or enclose copy with entry).

ETC.: The 4.8 mile course is true cross country over trails within the park. There is a short distance of asphalt. Please be aware that, for reasons of safety and under our insurance, NO dogs or strollers can be allowed. Also for reasons of safety and that runners be fully aware of their surroundings, please no device that requires earphones. A race T-shirt is included in the entry fee. There will be one water station on the cross country course which runners pass twice. Refreshments will be provided for participants after the race.

We will honor members of the U.S. Military, active, veteran and deceased prior to presentation of awards at approximately 10:20 a.m. We hope for a strong presence of our military whether running or not.

There will be an all-day **Fly In** at the Jenkins County airport adjacent to Magnolia Springs State Park to which all runners and their families are invited. As you may have heard or read, **archaeological excavation** at the Park has uncovered many artifacts dating to the Civil War when the Park served as **Camp Lawton**, a Confederate prison. The work is continuing under the direction of Dr. Sue Moore of Georgia Southern University.

RECORDS: Gabriel Rodriguez (2007): 24:16
Donna Garcia (1998): 25:46

ENTRY FEE: \$20. No extra fee for day of race registration.
Special family rate: \$50 for three or more from the same family running in the Cross Country 4.8.

Online registration available: active.com

Magnolia Springs State Park has cabins available for overnight stay. For rates and further information, call the park office at 478-982-1660.

SPONSORS: Regions Bank; Millen Loan & Finance; Planters EMC; Millen Bi-Lo; Augusta Coca-Cola Bottling Company; Collision Center (Louis Parker), Millen.

A REMINDER: THERE IS A GEORGIA STATE PARK DAILY PASS FEE OF \$5 PER VEHICLE except for vehicles with an Annual Park Pass which is available at the park. An Annual Park Pass is a benefit of membership in Friends of Georgia State Parks.

For information, contact: Jim Hite; 478-982-4881; jimjoyce34@bellsouth.net

MAKE CHECK PAYABLE TO AND MAIL TO: MILLEN MILERS AND MORE: P O Box 717; Millen, GA 30442

Please mail early so entry arrives by November 9, 2010.

Entry form for Cross Country 4.8 :

Last Name _____ First name _____

Address _____ Phone _____

City _____ State _____ ZIP _____

EMAIL: _____

USATF # _____ USATF Athlete # can be purchased online at: www.usatf.org

To compete in the USATF Georgia Association Cross Country Championship, you much have a USATF number.

If you plan to organize/be on a team, please check here: _____

T-shirt size (circle one): S M L XL

SEX: M F AGE: _____ Date of birth: _____

I know that running this race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic, and conditions of the paths and roads, all such risks being known and appreciated by me. Having read this waiver, I, for myself and anyone entitled to act on my behalf, waive and release Millen Milers and More, its officers and agents, the County of Jenkins, the State of Georgia, all sponsors, their representatives and successors, including USA Track and Field, its officers, directors, agents, and employees, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNED: _____ DATE: _____

SIGNATURE OF PARENT IF UNDER AGE 18: _____