

BLIMPIE
America's Sub Shop.

5K / Fun Run / 10K Peachtree Qualifier

Health & Fitness Expo



**Dri-Fit
Race Shirt**

Suwanee Town Center Park Saturday April 23rd

TEAM GWIN is proud to bring the 2011 **BLIMPIE Health & Fitness Expo / Road Race** to Suwanee! TEAM GWIN is made up of a Dad who pushes his son Skylar in 5K, 10K and Half Marathons races. Skylar has Muscular Dystrophy and is confined to a wheel chair so his dad becomes his legs so he can enjoy completing in road races. TEAM GWIN has been inspiring people to get in shape for years with their running and their fundraising events.

BLIMPIE Health & Fitness Expo will bring vendors from a wide range of categories in the health and fitness industry. Its open to the public so come out and get motivated to get in shape.

The **BLIMPIE Health & Fitness Road Race** will start and finish at the City of Suwanee Town Center Park Amp-Theater. The 5K and **10K Peachtree Qualifier** will be an out and back route though the beautiful Suwanee Greenway Park. The **BLIMPIE Fun Run** will take place around the Town Center Park.

Awards: All participants of the Road Race will receive a **Dri-Fit race t-shirt** and E-goodie bag. Awards are Men and Women Overall - 1st, 2nd and 3rd place awards for men and women will be given in 5 year increments from 15 and under to 65 and up for the 5K and 10K Races.

Details: Race day Registration will begin at 6:30AM. The 5K races will begin at 7:30AM, the Fun Run will start at 8:00AM and the **10K Peachtree Qualifier** will start at 8:30AM.

No Excuses CrossFit Challenge: The CrossFit Challenge will combine a 5K race with the "Angie" WOD. We will have Men and Women 1st, 2nd and 3rd place awards for the CrossFit Challenge and all participants will receive a **Dri-Fit Race Shirt**. This race will start at 7:30AM.

BLIMPIE Fitness Challenge: This Challenge is for runners that want to complete in both the 5K and 10K Races. Each runner that registers and completes both will get a prize pack and be eligible for combine time awards. We will have Men and Women 1st, 2nd and 3rd place awards for the combine time **BLIMPIE Fitness Challenge**.

Publix.

**NO EXCUSES
CrossFit**

bödyplex™
FITNESS ADVENTURE



Register Online at www.averagejoesracing.com

___ 5K Road Race \$20.00 / ___ 10K Road Race \$20.00 / ___ BLIMPIE Fun Run \$10.00 / ___ Fitness Challenge \$20.00 / ___ CrossFit 5K "Angie" Challenge \$30.00

Name _____ Age: _____

Address _____ City _____ State _____ Zip _____

E-Mail: _____ Phone () _____

Registration Fee: By Check or Cash: Check Number _____ Cash _____ (Make checks out to Average Joe's Racing Team) Mail your registration form to: Average Joes Racing Team 671 Main Street Suite 100A Suwanee GA 30024

I understand that I am participating in this event, which is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, active.com and each of their agents, representatives, successors, and assigns, and all other persons associated with the event, from any liabilities, claims, actions, or damages that I may suffer in my participation in this event. I understand that this waiver includes any claim, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photograph, videotape motion picture, website image, recording or any other record of this event.

Signature / Guardian if under 18 _____ Date / /2011