

BCJA
7th Annual
5K Run/Walk
& Health Fair

Sunday, May 6, 2012
7:30 a.m. to 12 p.m.
RAIN OR SHINE



"I wish above all things that thou mayest prosper and be in good health..." (3 John 2: KJV)



**PROMOTING COMMUNITY
 HEALTH AND EDUCATION**

Directions from I-20:

FROM THE EAST: Take I-20 West to the Hamilton E. Holmes Drive-North Exit (#52B). Go to the second traffic light and turn right onto Joseph E Boone Blvd and then a quick right into church lot.

FROM THE WEST: Take I-20 East to the Hamilton E. Holmes Drive Exit (#52 A). At the traffic light, turn left. At the next traffic light turn left onto H.E. Holmes Dr. Then, turn right onto Joseph E. Boone Blvd. and left into the church lot on the right.

Public Transportation: Take MARTA to the Hamilton E. Holmes train station. Take the **Hamilton E. Holmes/Brown Town** bus number **153**, or take bus number 59 or 60. Exit the bus in front of Berean Seventh-day Adventist Church, cross Joseph E. Boone Blvd to the school.



The Course Route
 From the school, right on Joseph E Boone Blvd. Cross over H.E. Holmes Dr. onto Collier Rd. Follow Collier Rd. past Harwell Heights Park on the left. Return to the school via the same route.
 *Organizers reserve the right to change the route at their discretion.

PARTICIPATION AGREEMENT

I know that running a road 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 safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; conditions of the road and traffic on the course; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Home and School Association of Berean Seventh-day Adventist Church and their respective officers, and all sponsors, their representatives and successors 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.

I grant permission to all of the aforementioned to use any photographs, motion pictures, recordings, or any other record of me in this event for any legitimate purpose.

ENTRY NOT VALID WITHOUT SIGNATURE(S):

Signature _____

- ◆ **Parent's signature required if participant is under 18 years of age**
- ◆ **For family package, all adults must sign with all children's names indicated.**

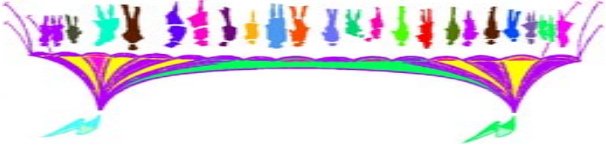


The 5K Run/Walk is a fund raiser for Berean Christian Junior Academy (BCJA).

Established in 1906 and sponsored by the Berean Seventh-day Adventist Church, BCJA is one of the oldest private schools in Atlanta. As an Adventist school, BCJA, which serves grades K-8, avidly promotes healthy living. Because the Seventh-day Adventist church thrives on reaching out to the community, the Health Ministries Department is pleased to sponsor this community-wide event, and invites everyone who can walk or run to take advantage of this day of fun-filled, health-enriching activities to benefit BCJA.

www.bcjaschool.org

HEALTH FAIR



- Free Blood Pressure Checks
- Free Diabetes Education and Blood Sugar Monitoring
- Free Diabetic Foot Education
- Free Medication Counseling
- BMI & Body Fat Calculations
- Free Pediatric Dental Screens
- Free Self-Breast Examination Education
- Bone Density Scans
- HIV Screening

Games, Trophies, Prizes & Crafts!

Christian Minute to Win It!

RACE APPLICATION

BCJA 5K RUN AND WALK

Sunday, May 6, 2012

Start Time: 8:00am

Race Day Registration: 7:15 - 7:45 am

Mail entries to:

291 H. E. Holmes Drive, NW
Atlanta, GA 30318

c/o Health Ministries Dept. 5K

Clement Norris (770) 841-0555

Email: chnorris@bellsouth.net

Wanda Peoples (954) 444-8790

Email: wbpeoples@bellsouth.net

Check your interest:

5K Run _____ Walk _____

Free Toddler Run _____ (ages 2-5)

Circle T- Shirt size: **Adult** S M L XL 2XL

Youth S M L XL

PLEASE PRINT:

Name/ age / gender (M/F): _____

Address _____

City/State/Zip _____

Telephone _____

Make checks payable to: Health Ministries (BCJA) 5K

_____ \$ 20 Adults Ages 18 to 64

_____ \$ 12 Sr. Citizens Age 65 and Older

_____ \$ 10 Youth Ages 10-17

_____ \$ 5 Juniors Ages 6-9

Health Ministries 5K Donations \$ _____

ALL MONIES ARE TAX DEDUCTABLE

SORRY, NO REFUNDS

* No T-shirt guaranteed after April 22, 2012

PLEASE COMPLETE THE REVERSE SIDE