

Fallen Heroes of Georgia 5K

Saturday, April 4, 2020 at 8:00am

Join us at Lanier Islands in Buford as we honor and remember Georgia's Fallen Soldiers who have been lost while fighting in the wars in Iraq and Afghanistan. As always all race proceeds benefit charities created in memory of a Fallen Georgia Soldier.

First 2,000 participants to register will receive a Fallen Heroes of Georgia Finishers Medal so REGISTER TODAY ! A sneak peak of the artwork will be posted soon!

ENTRY FEES:

- Thru March 4th: \$30.00
- March 5th - March 26th: \$35.00 (**Tee included**)
- March 27th - April 1st at 8pm : \$30.00 (**Tee not included**)
- Race Day: \$35.00 (**Price Does Not Include A Race Tee!**)
- * Late registrants will have the chance to buy a race tee shirt on race day for \$10.00, while supplies last.

- * All Registered Finishers will receive a finishers medal.

*\$6.00 Lanier Islands Gate Fee per vehicle. (paid at the gate on raceday)

* Chip Timed & Peachtree Qualifier: USATF #: GA18036DJ

* Race Time: 8:00am



2 WAYS TO REGISTER TODAY:

1. On-Line at RunSignUp.com : Thru April 1st at 8pm
2. Mail-In Form: Postmarked by March 23rd, ([LOCATED IN THE RIGHT MARGIN OF THE HOME PAGE](#))

NO CHARGE TO PARTICIPATE:

1. Take advantage of our new referral program, powered by RunSignUp, and raceFREE!
2. This applies to anyone who registers online with RunSignUp.
3. Register and go to your confirmation email for an easy to find link.
4. Share your link with your friends by email, messaging or on Facebook.
5. Once 5 of your friends register with the use of your link, well then your card is credited with the cost of your entry. WIN WIN!

6. HELP us grow this race, please SHARE TODAY!

▣ **2020 RACE TEE:**

- Reserve your race tee today by registering for the April 4th race.
- Shirts will only be given to participants or sold at the race on April 4th and sorry but tees will not be mailed.
- We thank you all for your support!

2020 WILL BE THE FINAL YEAR OF THE FALLEN HEROES OF GEORGIA 5K!

- Each year we have 1,300-1,600 participants, but these two years let's see if we can have at least 2,000 runners or walkers out in support.
- See you all in April of 2020!

FACEBOOK HELPS US GET THE WORD OUT:

1. First go to our [Fallen Heroes of Georgia](#) event on Facebook, and

2. Then click on 'Interested or Going', and lastly but most importantly share the event with your Facebook world.

3. THANK YOU ALL FOR YOUR HELP AND CONTINUED SUPPORT!

FREE ENTRY TO WIN A \$499.00 SAW:

- A big THANK YOU to the Home Depot of Hamilton Mill in Dacula for donating an [18 volt Milwaukee sliding compound miter saw](#) valued at \$499.00!

- To be eligible to win, just register to walk or run in the FHOG 5K, and maybe you'll take home this top of the line Milwaukee miter saw.

SPONSORS NEEDED:

- Please contact us at fallenheroesofgeorgia@gmail.com

RACE SPONSORS:

PLATINUM SPONSORS

[Ciner](#) - [Montlick & Associates](#)

[Dixieland Equipment & Pallet Company](#)

[Lanier Islands](#) - [Hamilton Mill Christian Church](#)

[The Home Depot](#) - [North GA Roughnecks](#)

[Ron & Tammy](#) - [Trophy Club Apalachee](#)

[](#) GOLD SPONSORS

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[Flowery Branch Chiropratic](#) - [Gray Orthodontics](#)

RACE BENEFITS:

- Fallen Heroes of Georgia, Inc.- Is a nonprofit that raises funds to support charities created in memory of a Fallen Georgia Soldier, and NO members of Fallen Heroes of Georgia are paid for their time or efforts.

- [Benefiting Charities](#) : Evan Marshall Memorial Scholarship Fund, Matthew Freeman Project, Noah Harris Fund, Ashley Henderson Huff Memorial Scholarship, Whitlock Foundation, EOD1 Joseph A. McSween Scholarship Fund, LT Helton Memorial Foundation, Sgt Paul Saylor Bremen Scholarship Fund, Charles Warren Memorial Scholarship & the Mike Stokely Fund

DONATE -OR- BECOME A FUNDRAISER: :

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Thank you for your Donation: [CLICK HERE](#)

-

Become a Fundraiser: [CLICK HERE](#)

AWARDS:

- Cash Prizes & Awards for Overall Winners:
1st Place M/F- \$100, 2nd Place M/F \$75, 3rd Place M/F \$50
- Awards to Overall M/F, Masters M/F & Grand Masters M/F

- Awards to the TOP 3 M/F in each age group category:
9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

RACE COURSE MAP:



- [CLICK HERE](#) : 5K RACE COURSE
- Course #: GA18036DJ

2018 RACE RESULTS

- [CLICK HERE](#) RACE RESULTS

PRERACE PACKET PICK UP:

- DAY 1: Thursday, April 2nd from 11:00am- 4:00pm at [Hamilton Mill Christian Church](#) , 3809 Sardis Church Rd, Buford, GA 30518
- DAY 2: Friday, April 3rd from 11:00am-4:00pm at [Big Peach Running Co.](#) , 320 Towne Center Avenue, Suwanee 30024 Ph. 678.869.5012
- DAY 3: Morning of the Race at Lanier Islands

PICKING UP A RACE PACK FOR A FRIEND AT PRERACE PACKET PICK UP:

- Participants are welcome to pick up bibs for other registered participants.
- Just please ask them to text a photo of their driver's license.
- Please have the photo pulled up and ready to view when requesting the race bib and race tee.
- DO NOT forget the race bibs on the day of the race.

DAY OF RACE BIB & SHIRT PICK UP:

- First park in the Grand Hall Pavilion lot.
- Race bib and shirt pick-up will be located in the Upper Beach Parking Area. The parking area is near the intersection of Camellia Lane at Islands Parkway.

GATE PASS:

- NO GATE PASS THIS YEAR, SORRY.
- EACH VEHICLE WILL PAY \$6.00 TO ENTER THE RESORT ON RACE DAY.

VENDORS AT THE RACE:

Shadow Warrior Foundation [King's Hawaiian](#)

[Army Survivors Outreach](#) VEMA

[Barrow Jackson Civil Air Patrol](#)

Travis Manion Foundation

U.S. Marine Corps [U.S. Navy](#)

[The Home Depot](#) [HMCC Prayer Tent](#) [U.S. Army](#)

[Runners Fit](#) Bunch's Burgers & Breakfast

Hall County Fire Marshal's Office

[Damsel in Defense](#) [North Georgia Window Tinting](#)

RACE WILL BE HELD RAIN OR SHINE:

- Regardless of the weather, each race will be held on its scheduled date and time.
- Wear or bring needed weather related clothing if necessary.
- Wear BRIGHT AND OR REFLECTIVE clothing while participating.
- For safety purposes, keep your children close and on an adult's right hand side or the curb side of the roadway.

ALL PARTICIPANTS MUST REGISTER & STROLLER LIMITATIONS:

- All participants must register for the run, unless it is a child young enough to be pushed & remain in a stroller. All kids who are walking or running must register!
- All strollers must start in the rear of the 6th race corral, and then have only use a walking pace while on the race course. Any participant found to be running the course while pushing a stroller will be disqualified, and asked to stop participating in the race. This is for the safety of other participants, and for the safety of the child in the stroller. The roads are too narrow to weave around and run alongside other runners during the race.

DIRECTIONS:

- The race will be held at [Lanier Islands](#), located at 7000 Lanier Islands Parkway (formerly

Holiday Road), Buford, GA 30518.

- I-85N to Exit 113 I-985N, get off at Exit 8 Lanier Islands Pkwy (formerly Friendship Road) and TURN LEFT, and Lake Lanier Islands Resort is 4.5 miles straight ahead. Once in the Resort, please follow the signs and the volunteer's instructions.

CARPOOL, CARPOOL, CARPOOL:

- There may be as many as 750 vehicles entering the Resort just for this race. So please consider carpooling to reduce a potential back up at the gate.

ARRIVAL TIME:

- We recommend that all registrants arrive at the Resort to 1 - 1 ¼ hours before the start of the race. This is due to the delays that can occur when entering the Resort, passing the gate with possible volume related delays, parking, race bib and shirt pick up, walking back and forth to your vehicle to drop off race tee, brief opening ceremony, and lastly to be in place for a timely start of the race.

PARKING AREAS:

- Enter the resort, go over the bridge, go left around the 'Clock Tower' roundabout, in 4/10 of a mile turn left on Camellia Lane, and then right into the Grand Hall Pavilion parking area.

- Well placed signs will direct drivers to the parking area.

DAY OF RACE BIB & SHIRT PICK UP:

- First park in the Grand Hall Pavilion lot.
- Race bib and shirt pick-up will be located in the Upper Beach parking area, which is located across Islands Parkway and uphill into the Upper Beach parking area.

OPENING CEREMONY:

- Begins at 7:40am, so please arrive early to hear Pastor Bob Mahan's message from [Hami Iton Mill Christian Church](#).
- . Then Pat Felt's perfect rendition of the National Anthem.
- Again, please arrive at the Resort early to allow for delays at the gate, parking, and race bib / tee pick up.

RACE CORRALS: VERY IMPORTANT!

6 Starting Corrals will separate runners by expected finish times:

- Corral 1 - Finish Time of 17:00 - 21:00
- Corral 2 - Finish Time of 21:00 - 25:00
- Corral 3 - Finish Time of 25:00 - 30:00
- Corral 4 - Finish Time of 30:00 - 37:00

- Corral 5 - Finish Time of 37:00 - 45:00
- Corral 6 - Finish Time of 45:00 - 60:00

1. This will work strictly on the 'Honor System'.
2. Slower runners and walkers please keep to the right.
3. Avoid running in groups of 3-4 runners wide, these groups are often difficult for others to pass. This is especially important in the first mile of the race.
4. Be advised that your own race timing will start as you first cross the starting mats, and finish after crossing the finishing mats.

SUPPORTERS & FAMILY OF PARTICIPANTS:

- Please stay within the marked areas around the start & finish area during the race.
- Only registered runners will be allowed on the race course.
- Enjoy your evening and THANK YOU all for your cooperation!

FREQUENTLY ASKED QUESTIONS:

- Can family come with me in support? Yes, but please stay near the start/finish area.
- What is the course certification number? USATF- GA15008DJ
- Are dogs allowed? No, dogs leave droppings and dogs can bite.

- Are Strollers allowed? ONLY WALKERS WILL BE ALLOWED TO USE STROLLERS!
- Do I have to pay a gate fee? Yes, starting in 2017 each vehicle will pay a \$6.00 parking fee at the gate.
- Can I sell my number? No, because the disclaimer is in the registrant's name.
- Can I have a refund? No, sorry no refunds.
- Will there be daycare or kids related activities? No, please bring a caregiver.
- Please email fallenheroesofgeorgia@gmail.com if this information doesn't cover your question.

They fell, but o'er that glorious grave, floats free the banner of the cause they died to save. —
Francis Marion Crawford