



# Jeff McGowan Memorial 5K

**Sunday, August 11th – 8:30am**

Start and finish by climbing wall at Scioto Audubon Metro Park - 395 W. Whittier Street, Columbus OH 43215 Climbing wall is on Maier Place at the Scioto Audubon Metro Park. Run or walk the race which is held on the Scioto Audubon and Scioto River Bike Trails

**Proceeds from the race benefit the Jeff McGowan Memorial Scholarship**

**Awards: Top 3 men and top 3 women win gift certificates to Columbus Running Company 1st - \$150, 2nd - \$100, 3rd - \$75, plus Overall Male and Female Masters \$50.**

**Age groups - 14 and under 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. 1st place age group winners will also receive a one year subscription to RUNOHIO. Plus, at least the top 50 men and top 50 women will win Jeff McGowan Memorial 5K awards.**

**Entry fee: \$20 by August 4th, \$25 week of race, \$30 race day.**

Register in person and or pickup race packets August 8th, 9th or 10th at:

Columbus Running Company, 765 N. High St – Suite B, Columbus, OH 43215

**Register online at: <https://runsignup.com/jeffmcgowan5k>**

**Return entry form to: Andy Harris, 6465 Perimeter Dr., Dublin, OH 43016**

**Mail-in entries must be postmarked by August 2nd!**

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Please print and complete all sections – must be complete to be eligible for awards

Name \_\_\_\_\_ Sex: \_\_\_Male \_\_\_Female

Shirt size (circle one): Small Medium Large X-Large

Address \_\_\_\_\_ Age as of 8-11-19

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

### Waiver and Release

In consideration of the acceptance of the entry, I waive for myself and my heirs and all claims for damages against the sponsors of the Jeff McGowan Memorial 5K and the Columbus Metro Parks and their representatives and all race officials and volunteers for injuries received during and as a result of this event. If I should suffer injury or illness, I authorize officials at the race to use their discretion to have me treated and be transported to a medical facility and I take full responsibility for this action. I certify that I am physically fit and sufficiently prepared myself for this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parental signature if under 18 years old)