



28th Egg Nog Jog

Saturday, December 21, 2019 10:00 am
Mt. Adams



Come to Mt. Adams and join us for this holiday tradition. Scenic and challenging 5K course begins at Jerome and St. Gregory and winds through Mt. Adams and Eden Park offering spectacular views of the city.

Run Divisions: 15/under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70/over.

Walk Divisions: 29/under, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over .

Awards: Overall Male and Female Runners and Walkers, Masters and Grand Masters. Age group awards for each run/walk division. Awards Ceremony after the race at Chapter. Door Prizes too! Medals to all Finishers.

Chip Timing: This year's race will be timed with MyLaps Bibtags.

Post-Race Party: Join us back at Chapter for the Awards Ceremony, Food, Drink and, of course, Eggnog.

Pre-Registration: \$27. Register online or by mail. Postmark mail-in entries by Monday, 12/16/19.

Late Registration/Package Pick up: \$30. Fleet Feet Sports, Oakley Store on Friday, 12/20/19 from 3-6.

Race-Day Registration/Package Pick up: \$35. Chapter in Mt. Adams from 8:15-9:45am

Kids discount: Kids 18 and under get a \$5 discount off all listed fees.

T-Shirts: Long-sleeved T-shirts are available in limited quantities for \$10 with pre-registration and \$10 on Race-Day.

Directions: Chapter is located in the heart of Mt. Adams. Google: 940 Pavilion St, Cincinnati, OH US 45202

Email: All registrations that include an email address will receive a pre-race confirmation.



Contact Greg McCormick (513) 652-6225

For complete information, news and updates, course map, directions, on-line registration and results, visit:

RunningTime.net

28TH EGG NOG JOG REGISTRATION FORM

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____@_____ Phone: _____

Age (as of 12/21/19): _____ Sex: **M F** Race: **RUN WALK** T-Shirt (\$10): **S M L XL**

Waiver: In consideration of the acceptance of my entry, I hereby waive, discharge and release on behalf of myself, my heirs, executors and assigns, all claims of any nature, including but not limited to damages, demands, actions, whatsoever in any manner, arising from my participation in the Egg Nog Jog, and do hereby release the Egg Nog Jog, Running Time LLC, Chapter, City of Cincinnati, Cincinnati Park Board, coordinators, staff, sponsors, workers, officials volunteers and USATF from any claim whatsoever arising from my participation in this event. I agree to abide by all the rules for participation, and acknowledge that the Egg Nog Jog may refuse or return my entry at its discretion. I attest and verify that I understand the risks involved in such a run/walk, and that I am physically fit and have trained adequately in preparation and I agree to pay for my own medical expenses in the case of an accident or illness regardless of whether I have authorized such expenses. **I have noted any medical condition and/or emergency contact information on the back of this form.** I permit the use of my name and picture participating in this event for publicity.

Relevant medical conditions _____

Signature _____ Date _____

Parent's signature (for entrants under age 18) _____ Date _____

In case of medical emergency, contact: _____ Phone (____) _____ or put "at race"

Make Checks Payable To: Egg Nog Jog

Mail to: c/o Greg McCormick, 10119 Crosier Lane, Cincinnati, OH 45242