



Just a Jog 5K

SUNDAY, JANUARY 22ND, 2023



An old school style race to motivate movement during the cold!

Location: Columbiana High School (700 Columbiana-Waterford Rd, Columbiana, Ohio 44408)

Start Time: 10:00am

Entry Fee: \$25. Register by January 7th to guarantee a participant shirt.

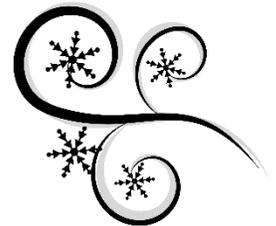
Parking: Parking is available at Columbiana High School (CHS).

Information: Register online at www.runsignup.com.

Course: Chip-timed 5K, starts/finishes at CHS, and runs through residential streets.

Race Packet Pick-Up & Registration: Race morning beginning at 9:00am at CHS.

5K Overall Awards: Top three overall men/women & top three men/women in the following age categories: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Up.



Hot Cocoa/Coffee and donuts after the race!



Please Make All Checks Payable To: Josh Boggs
Mail Entries To: PO BOX 557, Columbiana, Ohio 44408

NAME: _____ AGE ON RACE DAY: _____ SEX: M F
 ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
 TSHIRT: YL S M L XL 2XL (add \$2.00)
 EMAIL ADDRESS: _____ PHONE NUMBER: _____

Race Waiver for Above Specified Event

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, in good health, and properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. 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 snow, ice, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades, animals, and headsets of any type are not allowed in the race and I will abide by this guideline. 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 race timers and its counterparts, the City of Columbiana, Columbiana High School, Columbiana Police Department, Columbiana EMS, employees, volunteers, 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 afore mentioned parties to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

****Parent or Guardian must sign for participants under 18 years of age.****