

11th Annual GA 5K....a heavenly hog jog

Saturday, March 24, 2018 9:00 a.m.

Guardian Angels in Mt. Washington



**Join us on Saturday, March 24, 2018 at 9:00 a.m. for
a 5K Run/Walk to benefit Guardian Angels School.**

Course: Start/finish at GA, winding thru Mt.Washington. Additional parking across the street at McNick.

Chip Timed: Race will be professionally chip timed by Running Time Race Services.

Run Divisions: 14/under, 15-18, 19-24, 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 and 70/over.

Awards: Top male and female runners and walkers. Age group awards to Top male and female runners and walkers in each division. Awards presented immediately following the race/walk.

Free Kids Fun Run: 5th grade & under immediately following 5K. FREE w/ required Race Day Waiver.

Registration Fee: \$20 pre-registration or \$25 on race day. Add \$10 for optional t-shirt.

Special Pricing for Kids 14 and under: \$15 pre-registration or \$20 on race day. Add \$10 for optional t-shirt

Teams: Join a team. Discounts available for teams of 10 or more. Check the website for more info.

T-Shirts: T-shirts are optional and are \$10 each while supplies last.

Online-registration is available through Thursday, 3/23/18. **Mailed entries** must be postmarked by Monday, 3/19/18.

Late Registration/Packet pickup: Friday 3/23/18 from 3pm -7pm in the back parking lot/green awning entrance. Race Day prices apply.

Race-Day Registration/Number Pickup: 7:30 am - 8:45 am at Guardian Angels.

Guardian Angels: Located in Mt. Washington at 6539 Beechmont Ave., Cincinnati, OH 45230.

Contact Mas Ionna at: 513-607-5293 or Greg McCormick (513) 652-6225
For complete information, course map, directions, on-line registration and results, visit:

RunningTime.net

GA 5K OFFICIAL ENTRY FORM

Name: _____ Team (optional): _____

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

Email: _____ @ _____ Phone: _____

Age (on race day): _____ Sex: M F Race: Run Walk T-Shirt: S M L XL XXL

Make Checks Payable To: GA 5K **Mail to:** c/o Greg McCormick, 10119 Crosier Lane, Cincinnati, OH 45242

WAIVER: In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees, do release, discharge and hold harmless the GA 5K Run/Walk, Guardian Angels School and Parish, McNicholas High School, Running Time LLC, USATF, Cincinnati Police Department, their representatives, officials, volunteers, members and sponsors, from any and all claims, damages, demands, or causes of action whatsoever in any manner directly or indirectly arising out of or related to my participation in said event. I understand the risks for such a run/walk and have adequately trained in preparation for this event. I permit without compensation the use of my name and picture participating in this event for purposes of promoting the GA 5K Run/Walk. I agree to abide by all the rules of participation and acknowledge that the race committee may refuse or return any entry at its discretion.

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USATF WAIVER:

For and in consideration of USA Track & Field, Inc. ("USA Track & Field" or "USATF") allowing me, the registrant, to participate in the USA Track & Field sanctioned event I am registering for herein (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am at least eighteen (18) years of age (or this Agreement is also agreed to by my parent, natural guardian, or legal guardian (the "Guardian")); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.
2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sports of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers (as defined in Section 4 below); and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions or the actions or inactions of others participating in or organizing the Event, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties (as defined in Section 4 below).
3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competition Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
4. I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties, as relevant and applicable in each instance: USATF, its members, clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the event directors, the host organization and the facility, venue and property owners or operators upon which the Event takes place; and any other organizers, promoters, sponsors, advertisers, coaches and officials for this Event; law enforcement agencies and other public entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which may be incurred as the result of such claim, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties, as relevant and applicable in each instance.
5. As a condition of my participation in the Event, I hereby grant USA Track & Field, the event director and host organization a limited license to use my name, likeness, image, photograph, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any media platform or format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, USATF, or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent.

I hereby warrant that I (or the Guardian, if I am under the age of 18) am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by accepting it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have accepted this Agreement without any inducement, assurance or guarantee, and intend for my acceptance to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

If the participant is under the age of 18, the Guardian hereby agrees to release and discharge the Released Parties as follows: a) The Guardian acknowledges and understands that the Event is inherently dangerous and represents an extreme test of a person's physical and mental limits. Further, the Guardian acknowledges and understands the Risks, as defined above. b) The Guardian acknowledges the rights waived by both the Guardian and the participant by accepting this Agreement. c) The Guardian acknowledges that the Guardian will indemnify the Released Parties from any and all Liability which may arise out of, result from, or relate in any way to the participant's participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties.

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"