



#BREAKTHESTIGMA 5K RECOVERY RUN SATURDAY, SEPT. 19

LAST-MINUTE REGISTRATION—8:30-9:00 A.M.

RACE BEGINS AT 9 A.M.

www.runsignup.com

Register By Mail:

Mail registration form and payment to Ridge Runner Sports,
3057 S. Freemont Ave., Springfield, MO 65804

ENTRY FEE:

\$20—Student of any age with ID

\$25—Non Student registration by 5 p.m., Thursday, Sept 17

\$30—Last-minutes registration (8:30-9:00 a.m., Sept. 19)

PACKET PICK-UP:

Friday, Sept 18, Noon—6 p.m. at
Ridge Runner Sports, 3057 S Fremont Ave.

START AND FINISH: At the Bear in Plaster Student Union Plaza, on the campus of Missouri State University

PARKING: Visitor parking lot off of Bear Blvd and Florence, more parking available at Bear Park North (Cherry St and JQH Parkway)

TIMING: Ipico Race timing by Ozark Racing Systems

AWARDS: All participants will receive a goodie bag that will include a t-shirt, a finisher medal, and some recovery.

QUESTIONS?

Contact Justin Johns at 417-836-5116 or email justinjohns@missouristate.edu

Name _____

Gender Male ☐ Female ☐

Age on race day _____ Birth date _____

Address _____

City _____ State _____ Zip _____

Daytime phone _____

Are you affiliated with MSU? Yes ☐ No ☐

METHOD OF PAYMENT

☐ Check enclosed (*Make payable to Missouri State University*)

☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Card # _____

CVV# _____ (*three- or four-digit code number on front or back of card*)

Expiration date _____

Cardholder name (*as it appears on the card*) _____

Cardholder's Signature _____

The undersigned, being the age of 18 or above, or with a legal parent/guardian's signed consent, desires to participate in the SoBEAR 5K Recovery Run. I realize the activities are potentially hazardous, I represent that I am medically able and properly trained to engage in the activities, and I assume any and all risks associated with the activities. In consideration of being permitted to participate in the activities, I for myself and my personal representatives, heirs and assigns, do hereby hold harmless and release, waive, discharge and covenant not to sue the Board of Governors of Missouri State University, Missouri State University, its Board members, officers, and employees (hereinafter collectively referred to as "MISSOURI STATE UNIVERSITY") from any and all claims or liability on account of death, damage, or injury to person or property of the undersigned of any kind or nature whatsoever arising out of, or in any way connected with the undersigned's participation in the program, even though the claim or liability may arise out of the negligence or carelessness on the part of MISSOURI STATE UNIVERSITY, or any third person, whether foreseen or unforeseen, known or unknown.

Participant name: _____

Participant Signature: _____ Date: _____

Parent/guardian signature (if under 18): _____ Date: _____

Missouri State
UNIVERSITY