

# RCMS 5K & 1Mile Fun Run/Walk

**Date/Time:** Saturday September 24, 2016 at 8:00am CST  
Registration begins at 7:00am CST

**Entry Fee:** \$20.00 per participant if registered by Sept. 10  
\$25.00 per participant Sept. 11 to day of 5K  
\$15.00 for Russell County Students

**Location:** Russell County Middle School  
Rain or Shine

**\*Those registered by Sept. 10 are guaranteed a T-Shirt  
Registrations after Sept. 10 are not guaranteed a T-Shirt**

**Information:** Mail Registration to RCMS Color Run c/o Ginny Thomas at 4240 Hwy 1545 Russell Springs, KY 42642  
Drop off registrations at the Russell County Middle School. **Make Checks Payable to RCMS PTO** or online at [runsignup.com](http://runsignup.com).  
**For more information contact: Ginny 270-566-4201, Dianna 678-947-3180, Kami 270-566-1341 or call the RCMS 270-866-2224**

PLEASE PRINT CLEARLY (ONE ENTRY PER PARTICIPANT, THIS FORM MAYBE COPIED)

**Gender:** M F      **Age on Race Day:** \_\_\_\_\_

**T-Shirt Size:** Child S Child M Child L Adult S Adult M Adult L Adult XL Adult XXL

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Phone:** (    ) \_\_\_\_\_      **Email:** \_\_\_\_\_

5K \_\_\_\_\_ 1Mile Run/Walk \_\_\_\_\_ (Check one)

There will be Top 3 Winners for each Category & an overall Male & Female winner.

**Child's Division:** 10&Under 11-14 15-18 **School & Team/Club for Challenge** \_\_\_\_\_  
**Adult's Division:** 19-24 25-29 30-34 35-39 40-44 45-49 50+

**WAIVER:** In consideration of your accepting my/my child's registration, I hereby for myself, my child, my heirs, waive and release any and all rights and claims for damage I or my child may have against RCMS including all representatives who are in any way connected with this program/event. Further, I hereby release RCMS from any liability to me including injury or illness that may occur from my participation in the race. I state that I am in proper condition to complete in the RCMS 5k & 1Mile Run/Walk. I also give my permission for use of my name and/or photo in any media and/or account of the event. No refunds for nonparticipation will be available.

Participant's Signature \_\_\_\_\_

Parent or Guardian's Signature ( if participant is under 18) \_\_\_\_\_

**The RCMS PTO wants to challenge all Russell County Sports Teams/Clubs to compete in the RCMS 5K. There will be a trophy for the top 3 teams with the highest race scores. Are you up for the challenge?**

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