

Register On Line: runcgrun.com



2016 FOOLS RUSH 5K Run/Walk

A FUN FITNESS EVENT BROUGHT TO YOU BY RUNCG COMMITTEE

Friday, April 1st, 2016 - starts at 6:30 pm @ 116 N 6TH ST, CG

5K Entry* \$30 - (\$20 No Shirt) *Registration received after March 28th increases to \$25 and \$37. Entry includes great music, a challenging out and back course through Cottage Grove City Streets that leads to the top of Mt David providing an unbelievable view of the area, a drink ticket to the Brew Station (non-alcoholic choices available) and some April Foolishness. Awards to top male and female finishers. Course closes at 7:30 pm.

REGISTRATION CLOSSES AFTER 300 ENTRANTS

By Mail: Fools Rush 5K; c/o Settelmeyers, 1365 W Harrison, Cottage Grove, OR 97424

Register In Person: Scarpelli's SHORT STOP (HWY 99 & MAIN) or Brew Station (6th and WASHINGTON) until March 28th or starting 5pm at event site **(ALL IN COTTAGE GROVE, OR)**

Packet Pick Up & Race Day Registration: 5:00-6:15pm - race site (116 N. 6th St. - DOWNTOWN CG)

[] 5K run [] 5K Walk Age _____ Date of Birth (Month-Date-Year) _____;

First Name _____ Last Name _____ Address _____

City _____ State _____ Zip _____ Phone: _____ Sex (M or F)

email: _____ Shirt Size - XXL ___ XL ___ L ___ M ___ S ___ or No Shirt _____

Total Fee enclosed: _____ please make checks payable to "CG JOG CLUB"

Waiver: I know that running or volunteering for a road-race, regardless of distance, is potentially hazardous activity. I should not enter a run/walk unless I am medically able and properly training. I agree to abide by any decision of a race official relative to my ability to safely complete this event and I further agree that race officials may authorize necessary emergency treatment for me. I also know that there will be traffic on the course. I assume the risk of running in traffic. I further assume any and all other risks associated with participating in this event, all such risks being known and appreciated by me. I grant permission to RUNCG and/or agents and sponsors authorized by them to use photographs, videotapes, motion pictures, recordings, and any other record of this event for any purpose. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I hereby for myself, my heir, my executor, administrators or anyone else who might claim on my behalf covenant not to sue and waive release and discharge RUNCG, South Lane School District, City of Cottage Grove, Race Officials, Brew Station, Volunteers and any and all sponsors, suppliers, agents, Independent Contractors, employees, and any other personnel in any way assisting or connected with this running/walking event from any and all claims or liability of any kind whatsoever arising out of my participation in this event.

Signature (Must be signed to participate)

(Parent /Guardian must sign if participant is under 18)