

THE ROCK | 5K

HOPE^{greater}_{than} heroin

Proceeds to benefit Life Challenge, committed to helping people overcome drug and alcohol addiction

Saturday, June 30, 2018

5k run/walk starts at 9:00 a.m.

(walk is noncompetitive)

LOCATION

- The Rock, 4058 Starr Avenue, Oregon, Ohio 43616
- Registration opens at 8:00 a.m.

COURSE

- 5k start and finish at The Rock
- Fast course through Pearson Park with mile splits
- One water stop at halfway point
- Course is accurately measured

5K RACE AWARDS

- Overall male/female
- Overall masters male/female
- Age group awards (3 deep) male/female: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over

SHIRTS, REFRESHMENTS AND OTHER INFORMATION

- All pre-registered participants are guaranteed a t-shirt (limited t-shirts available for late registrations)
- All participants will receive a goody bag
- Cookies, drinks and other goodies at finish
- **Drawing for door prizes for all registered participants after the race/walk**

ENTRY FEES AND REGISTRATION

- Pre-registration entry fee \$20.00. Check, cash or credit day of race
- Register online at <https://runsSignup.com/Race/OH/Oregon/therock5k>
- Pre-registered entries (guarantee of shirt) must be postmarked or submitted online by **June 18**
- Online registration open until **June 29**
- Entry fees payable to The Rock, 4058 Starr Avenue, Oregon, Ohio 43616

-----CUT HERE- ENTRY FORM MAY BE PHOTOCOPIED-PLEASE PRINT-----

Participant Name: _____ **Phone:** _____

Address: _____ **City/State:** _____ **Zip Code:** _____

Gender (circle): M F **Age on 6/30/18:** _____ **Date of Birth:** _____

Shirt Size (circle): YL S M L XL 2XL **Event (circle):** 5k Race 5k Walk

Email address: _____ **Team Captain (if so, list here):** _____

IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS ENTRY, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS AND DAMAGES I MIGHT HAVE AGAINST THE RACE DIRECTOR, THE ROCK (CHURCH), SPONSORS, AND ALL RELATED PARTIES FOR ANY AND ALL INJURY OR DAMAGE RESULTING FROM PARTICIPATING IN THE ABOVE EVENT. I AM IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THIS EVENT.

SIGNED (PARENT OR GUARDIAN IF UNDER AGE 18): _____

Date: _____