



Rock for Hockey 5K Run & 2 K Walk

Friday, August 26, 2016

REGISTRATION DATES:

Until August 1st \$ 20.00
 Online Until August 24th \$ 25.00
 On Race Day \$ 25.00
Checks Payable To: "Rock for Hockey"

RACE DAY TIME SCHEDULE

5:30 PM Race Day Registration
 6:30 PM 5K Road Race & 2K Fun Walk
 7:00 PM Awards Ceremony
 7:30 PM Post-Race at Liberty Union

LOCATION:

Race starts at the lower parking lot at the Upper Uwchlan Township Building. **Please park at Pickering Valley Elementary School** and walk to the starting point.

INCLUDED WITH RACE ENTRY:

Guaranteed t-shirt to all who register by August 1st. Light refreshments & snacks for after the event. Water will be provided.

AWARDS:

Top 3 Overall Finishers
 Top 3 In Each Traditional 10-Year Age Groups
 (12&Under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+)

RACE TIMING / RESULTS:

Results will be posted at www.runccrs.com

BENEFITTING:



Rock for Hockey is a non-profit organization that provides material support to US-born hockey players in the mid-Atlantic region that demonstrate a need for assistance in order to continue playing the game. (www.RockforHockey.org)

Participant Information

FIRST NAME				LAST NAME	
EMAIL ADDRESS			PHONE NUMBER		
AGE ON RACE DAY				GENDER	
				<input type="checkbox"/> FEMALE <input type="checkbox"/> MALE	
SHIRT SIZE (Circle One)				RACE ENTRY	
Small	Medium	Large	X-Large	<input type="checkbox"/> 5K RUN <input type="checkbox"/> 2K WALK	

Waiver Information

In consideration of the acceptance my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims for damages I may accrue against the persons and organizations affiliated with the race including but not limited to the Chester County Running Store, CK Timing, Rock For Hockey, all sponsors, volunteers, staff, subcontractors, agents, attorneys and representatives for any and all injuries that I may suffer while participating in the event or en route to and from the event. I consent to the use of my image in photos, videos and audio recording and film, of my participation in the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver, I acknowledge that I have read and understand all of the above. NO REFUNDS. The participant understands that the entry fee is non-refundable and non-transferable (unless specifically stated on the online registration form). The participant also understands that the Event will take place rain or shine, at Race Director's discretion. The Race may also be canceled due to natural hazards or other factors not under the control of the Race Director. If race is cancelled for any reason, there are no refunds.

Signature (Parent/Guardian if Under 18)

Paper Registrations Mailing Address: Rock For Hockey 5k PO Box 56 Uwchland, PA 19480