

North Laurel's Beat the Heat 5K Classic



Race Day: August 18, 2018 at 8:00 a.m.

Pre-registration must be postmarked by August 9th, is \$20.00, and you will be guaranteed a t-shirt.

Race day registration - 7:00 a.m. to 7:45 a.m. for \$25. (No t-shirt guarantee)

Race will be run at Crooked Creek Golf Course.

Registration will be at the building beside the driving range.

Awards: Trophy to overall top male and female finisher. Awards to top 3 in each age group:

12 & Under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-& Up.

Mail this portion to: Rachel Gaynor, Attn: 5K, 684 Beechwood Dr., London, KY 40744

Call or text: 606-682-1136 if you have any questions.

Name _____

Address _____

E-mail address _____

Race Day Age _____ T-shirt Size _____

Make checks payable to North Laurel High School – All proceeds will go to the North Laurel High School Boys and Girls Cross Country Teams.

Release of Responsibility

Must be signed by all participants. If under 18 years of age, release of responsibility must be signed by parent/guardian. Children ages 12 and under must be accompanied by an adult. In consideration of my application being accepted, I waive all claims and any risks associated with participation in the 5K Beat the Heat event and agree to hold harmless Crooked Creek, all race organizers, sponsors, officers, directors, and their respective employees, agents, and any other individuals who are in any way associated with this event, including volunteers. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I also give permission for the free use of name, picture, and/or video in any written account, broadcast, or telecast of this event for any legitimate reason. I understand there will be no refunds if I do not participate in this event after registering or complete my run.

Runners Name: _____ Parent Signature: _____ Date: _____