

THE **R**OCK | 5K

Saturday, June 22, 2019
5k run/walk starts at 9:00 a.m.

Registration opens at 8:00 a.m.
Walk is noncompetitive

RUN AGAINST TRAFFICKING



Proceeds to benefit Covered International, committed to advocating for women affected by domestic violence, sexual exploitation, and trafficking.

LOCATION

- The Rock, 4058 Starr Avenue, Oregon, Ohio 43616

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
- Awards (3 deep) male/female: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

SHIRTS, REFRESHMENTS AND OTHER INFORMATION

- Participants will receive a t-shirt if registered by the deadline (limited t-shirts available after deadline)
- All pre-registered participants will receive a goody bag
- Snacks and drinks at finish
- **Drawing for door prizes for all registered participants after the run/walk**

ENTRY FEES AND REGISTRATION

- Pre-registration entry fee \$25.00 (check or cash day of race)
- Register online at <https://runsignup.com/Race/OH/Oregon/therock5K>
- Pre-registered entries (guarantee of shirt) must be postmarked or submitted online by **June 10**
- Online registration open until **June 20**
- 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 6/22/19:** _____ **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: _____