

THE ROCK GYM, LLC.

COLLINSVILLE, OK

PRESENTS…

**“Know When to Run” 5K & 1Mile Fun Run on July 19th, 2013 in Collinsville, OK.**

First Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_\_\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_\_\_\_\_

Contact Phone #\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_ -\_\_\_\_\_\_\_\_\_\_\_\_Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age On Race Day \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender (Please Circle) Male / Female

Event (Please Circle) 5K Poker Run/Walk Fun Run/Walk Team Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Shirt Size (Please Circle) XSmall Small Medium Large Extra Large XXL

Age group awards will be given 3 deep to the top three males and females in the following age groups,  
 1-8, 9-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 60-64, 65-69, 70+

**Entry Fee: 5K Timed Poker Run - $25(Pre Reg)\_\_\_\_\_\_\_\_\_ Race Day Registration $30\_\_\_\_\_\_\_\_\_\_\_\_**

**All entry fees include a shirt on a first come first serve basis and guaranteed to those Registered by June 30th, 2013.**

**Total Paid $ \_\_\_\_\_\_\_\_\_\_\_ Make Checks Payable to: The Rock Gym**

**Start Times: One Mile Fun Run starts at 7pm ---- 5K starts at 7:30pm**

**Waiver/Release:** I know that running a race such as the “Know When To Run” Fun Run and 5K is a potentially hazardous activity. I am aware that I should not participate in this race unless physically able. I hereby testify that I am medically able to run and have properly trained for the 1Mile Fun Run or 5K Run. I understand the risks of participation and assume full responsibility for injury, accident or illness which may occur during the “Know When To Run” event or while I am on the premises of the event and I do hereby release and hold harmless The Rock Gym, the officials conducting the event, or any other sponsoring organizations, their agents, officers, employees, representatives and successors, for any and all damages which may be sustained or suffered by me in connection with my association with or entry and participation in, or traveling to and from, the “Know When To Run” event. I grant full permission to The Rock Gym to use my name, photographs, videotapes or other recordings of my participation in the 5K or Fun Run, without obligation or liability to me. I have read this agreement carefully, understand it, and certify my agreement to abide by the rules and decisions of any event officials relating to participation by my signature below. I also understand that no refunds will be given and that shirt sizes are based upon availability and that race dates and/or times are subject to change.

Signature (Parent or Guardian if Minor)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_