

RIB RUCKUS GATE-TO-GATE 5K • Saturday July 1st 2017
Check-in/Registration begins at 7am Race Starts at 8:00 am
Registration Form

One registration form is required per participant.

You can also register online at www.logandaily.com/events

I plan to: _____Run _____Walk

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Date of Birth ____/____/____ Gender _____

T-Shirts will be provided to all runners who are registered by June 16th. Those registering after that day will receive shirts on a first-come first-served basis. Available sizes are:

YOUTH: S M L ADULT: S M L XL XXL (Circle One)

Payment

_____ Pre-registration until June 2, 2017	\$20.00
_____ Registration from 6/3 through Race Day	\$25.00
_____ Youth 12 & Under	\$15.00

Divisions:

Male and Female: age groups include: 12 and under, 13-15, 16-20, 21-25, 26-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 and over.

Awards: Top male and females in each age division will receive a medal
All 12 and under participants will receive a participation ribbon

Overall Top Male and Top Femal finisher will receive a prize package and a medal

Waiver: I hereby declare, assert and affirm that participation in Rib Ruckus Gate-to-Gate 5K is done having voluntarily and knowing assumed ALL RISKS involved in this Special Event. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardio-respiratory system including heart arrhythmia, heart attack, stroke, and sudden death. In consideration of acceptance of this contract allowing my participation in the above stated Special Event and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators and assigns, WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above stated Special Event, specifically The Logan Daily News, APG Media of Ohio, the City of Logan their respective employees, agents, representatives, successors and assigns, for any and all activities connected with the above Special Event. I also understand that I do hereby WAIVE any and all rights for any injury incurred as a result of my participation in this event, including disregard of the posted route.

Print Name _____ Date _____

Signature _____ Parent/Legal Guardian must sign
If participant is under the age of 18

For questions please **contact us** by email: Events@adamspg.com To Register online visit www.logandaily.com/events

TO Register by Mail Send your completed form to: Gate-2-Gate, c/o The Logan Daily News • 72 E Main Street • Logan, Ohio • 43138 Or you can drop it off during normal business hours