

3rd Annual 5K Duck Race

Sponsored by Ringgold Middle School Cross Country

Date/location September 26, 2009, Ringgold, Ga. Starting point at the corner of Lafayette and Emberson adjacent to the "Little General" park.
Race day registration begins at 6:30am
5K begins at 8:00am
1 mile walk begins at 8:05am

Entry Fee \$20.00 before September 11, 2009
\$25.00 late registration after September 11th and up to race day.

Course Flat with a few rolling hills in scenic Ringgold Georgia

T-Shirts Short sleeve shirts will be guaranteed to pre-registered runners on race day. Late registration may or may not have shirts available to them.

Awards Awards given for first place over all male and female and masters champions.
First, second and third place awards (male and female) as follows: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 – 64, 65-69, 70 – 79, 80 and over.

Name _____ Phone _____
Address _____ City _____ ST _____ ZIP _____
Email address _____
AGE as of September 27, 2009 _____
SEX (circle) M F Shirt Size (circle) S M L XL

EVENT – 5K RACE _____ **1Mile walk** _____
\$20.00 early registration _____
\$25.00 late registration _____
Check # _____ Cash _____
All participants must have a registration form completed before the start of the race.

Signature _____
Parent or Guardian if under 18 _____

Make checks payable to; RMS 5K
Mail to: Ringgold Middle School. C/O Jill Richmond. 217 Tiger Trail, Ringgold, Ga. 30736
(Jill Richmond #423-364-9280)

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete the run. I assume all risk associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry. I, for myself and anyone entities to act on my behalf, waive and release Ringgold Middle School, Sponsors of the Duck Race and any other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____