

## 2<sup>nd</sup> Annual 5K Duck Race

Sponsored by RMS Cross Country

- Date September 27, 2008  
Race day registration begins at 6:30am  
5K begins at 8:00am  
1 mile walk begins at 8:05am
- Entry Fee \$15.00 before September 19, 2008  
\$20.00 late registration after September 19 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.  
First and second place awards (male and female) as follows: 10 and under (2), 11-14 (2), 15-19 (2), 20-24 (2), 25-29 (2), 30-34 (2), 35-39 (2), 40-44 (2), 45-49 (2), 50-54 (2), 55-59 (2), 60 and over (2)

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Name \_\_\_\_\_ Phone \_\_\_\_\_  
AGE as of September 27, 2008 \_\_\_\_\_  
SEX (circle) M F      Shirt Size (circle) XXL XL L M S  
Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

Event (circle) 5K	1Mile fun walk/run	
	Until Sept 19, 2008	After Sept. 19 <sup>th</sup>
	(\$15.00)	(\$20.00)
5K	_____	_____
Fun Walk/run	_____	_____
Total	_____	_____

Signature \_\_\_\_\_

Parent or Guardian if under 19 \_\_\_\_\_

Make checks payable to RMS 5K

Mail to: Ringgold Middle School. 217 Tiger Trail, Ringgold, Ga. 30736

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.