



Powell County Cross Country Fair Day 5K Run for the Bounty

5k & 1 Mile Fun Run/Walk
Saturday, Sept. 17, 2016 at 8:00 a.m.

Races will begin and end at Lions Club Park, Stanton, KY.
Awards will be given to top 3 overall male and female runners.
5K Run will begin at 8:00 am. 1 Mile Fun Run/Walk 8:30 am.

Registration Fee:

Before Race Day - \$15 Race Day - \$20

Shirts will only be guaranteed to participants who register by Monday, Sept. 12th.

T-Shirt Size: YS YM S M L XL XXL 5K RUN _____ 1 Mile _____

If participating as a 5K team of 5 or more runners, team name: _____

(One form per person)

NAME _____ AGE _____ DOB _____

ADDRESS _____

CITY / STATE / ZIP _____

PHONE _____ EMAIL _____

POCO XC runners are competing to get the most number of race registrations turned in. If you are registering because a XC runner encouraged you to, please let us know so we can credit them accordingly.
POCO XC Runner's Name: _____

Waiver:

I know that walking or running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in the Powell County Cross Country Event on September 7, 2013 including, but not limited to, falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, traffic and conditions of the road, course and field, all such risks being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. Having read this release and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Powell County Cross Country team, Powell County Schools, Powell County Board of Education, City of Stanton, officials, volunteers and all sponsors of the race, the representatives and successors from all claims of liabilities of any kind arising out of my participation in this event.

Name of Participant

Date

Signature of Participant

Checks Payable to: Powell County Cross Country

Mail or Drop off Registration and Payment to: Julie Clark, Powell Co. BOE, PO Box 430, Stanton, KY 40380