

Sat., June 25th at 9 am

Registration will take place from 7:30 am- 8:41am
9am start behind Oliver Ford Lincoln in
Plymouth-run/walk will take place thru the
Green Way Trails /Plymouth Centennial Park
1 Female + 1 Male winner from each 5K, 10K and 15K
categories will receive a VACATION for 2 people....
to Las Vegas, CanCun or a Carnival Cruise.



 5K Walk
 5K Run 10K Run 15K Run

PLEASE MAKE ALL CHECKS PAYABLE TO: Ounce of Prevention

Circle T-Shirt Size: To receive a t-shirt your registration form and shirt size must be returned no later than June 10th @ 6pm, 2011

Youth- **YS YM YL** -** \$15.00 race registration fee (this includes 2011 t-shirt + goodie bag + a medal for participating youth under 10)

Adult- **S M L XL XXL**

** \$25.00 race registration fee (this includes 2011 t-shirt + goodie bag)

First name _____ Last name _____
(Please PRINT)

Street Address _____ City _____ State _____ Zip _____ Phone (____) _____ - _____

_____ Male _____ Female
Email -to receive updates D.O.B _____ Age on race day _____

YES! OOPS.... Even though I missed the cut off date for the t-shirt I would still like to walk/run & donate \$25 to The Nancy Jaynes Memorial Scholarship Fund. Enclosed is my check for \$25.

WAVIER MUST BE SIGNED:

In signing this form, I understand that participating in this event is a potentially hazardous activity. I should not participate unless I am medically able. I assume all risks associated with my voluntary participation in this event, including, but not limited to falls, contact with other participants, the effects of weather, including extreme temperatures and precipitation and traffic. Knowing these factors, I for myself, heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and WAIVE, RELEASE AND DISCHARGE the City of Plymouth, the Plymouth Parks Department, Oliver Ford and KRA, their agents, employees, officers, directors, successors and assigns, and ALL other sponsors, race officials, workers, or volunteers, their representatives, successors and assigns, and any other person or entity associated with this event in any capacity whatsoever, for ANY AND ALL claims or liability, whether foreseen or unforeseen, for death, personal injury, or property damage arising out of, or in the course of, my participation in this event. I further understand that I will not be allowed to participate in this event unless and until this release and wavier has been executed by me. My signature below constitutes conclusive proof that I have read, and understand the above terms and agree to be bound by said terms. I grant permission for organizers to use photographs of me and quotations from in promotion of this event.

**** PLEASE SIGN & MAIL COMPLETED FORM WITH PAYMENT ****
to: Ounce of Prevention Attn: J. Houin PO Box 459 Plymouth, IN 46563

Signature of athlete _____
Date signed

Signature of parent, if athlete under 18 _____
Date signed

Pick up your filled goodie bag and t-shirt @ The Coffee Lodge (225 E. Jefferson St. Plymouth) on Friday, June 24th, from 7-9pm.

We are trying to speed up the registration process for everyone! You will receive your race timing chip the day of the race.
Any chip not returned will be accessed a \$25.00 fee.