



5K Run, 1 Mile Walk, 1 Mile Run for Kids

Saturday, October 15, 2022

Start Time: Run 8:30 am, Walk 8:45 am

Cost: Adults – \$20 for 5k (This will include a T-shirt), 1 mile for kids \$5, 1 mile Fun Walk \$5

T-Shirts will only be given to 5k participants. Medals will be given to first, second and third place runners and walkers in each age division. Door Prizes will be given after the race.

Name: _____ Phone: _____

Age: _____ Gender: _____ Amount Included: _____

5k _____ T-Shirt size _____

1 Mile Walk _____ 1 Mile Run for kids _____

You may return the forms to the Cleveland County Herald Office

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound for myself my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ Date _____

Parent or Guardian if under 18 _____

**Cash, Card and Check Payments can be made at the Herald office.
Checks should be made payable to Rison Shine with Fall 5K noted in the memo.**