



## Color Me Cancer Free 5K Color Run/Walk & 10K Run or 15K Run

When: Saturday May 14<sup>th</sup>

15K 8:00 AM    10K 8:30 AM    5K 9:00 AM

Start/Finish: Berjuan Park Pavilion – Park in Splash Zone Parking Lot

This is a chipped timed race benefiting the American Cancer Society. All 5K participants will receive a white cotton t-shirt and all 10K and 15K runners will receive a performance style shirt all if registered by May 1<sup>st</sup>. Color stations will only be set up for the 5K walk/run portion of the race. Water will be provided at approximately 1.5, 3.5, 5.5 and 7.5 mile areas and Gatorade around mile 6. Awards will be given to top overall male and female in each race and to the top two in each age division for each race.

**Make checks payable to “ACS or The American Cancer Society”**

Early packet & t-shirt pickup: Friday May 13<sup>th</sup> 4-6 PM Mercy Clinic – Rolla 1<sup>st</sup> Floor Community Room

All entry fees are non-refundable and race day registrants are not guaranteed a t-shirt

**All walkers and all fitness levels welcome for 5K. Runners only for 10K & 15K race please (12 min or less per mile)**

**All last year’s Color Me Cancer Free participants receive \$5.00 off!**

**(Email me for a Promo code for discount if registering online/I will check last year’s attendance list before issuing code)**

Name: \_\_\_\_\_ 15K (\$35) \_\_\_\_\_ 10K (\$35) \_\_\_\_\_ or 5K (\$30) \_\_\_\_\_

Racers age 10 and under signed up for 5K only (\$15) \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Emergency Contact Name & Number \_\_\_\_\_

Shirt Size: **Youth S   Youth M   Youth L   Adult - S   M   L   XL   2XL   3XL**

(Circle size above)

Release & Waiver (Please read and sign): I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that police protection will not be provided and there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also assume any other risks associated with this running event including, but not limited to falls, contacts with other participants, the effects of weather or conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event. Knowing these facts and in consideration of your acceptance of my entry I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims of liability for death, personal injury, property damage, or any other kind of injury of any nature whatsoever arising out of or in the course of my participation. The undersigned further grants full permission to use any photographs or videos taken during event. Minors will be accepted with a parent’s signature.

I hereby waive all claims against Split Second Timing, LLC as well as any other personnel, agencies, or volunteers connected with this event. We reserve the right to cancel the event in case of dangerous, inclement weather. In the event the 5K is cancelled and not rescheduled no refunds will be issued.

\_\_\_\_\_

\_\_\_\_/\_\_\_\_/\_\_\_\_

Signature

Date

For more information or questions call or text Gina Maben @ 573-308-0805 or email gina.maben@gmail.com

Please make checks out to ACS and mail completed form & checks to: Split Second Timing, LLC Att: Color Me Cancer Free 1411 Ramsey Place Rolla, MO 65401



