



Kids Run Columbus Training Program
K – 6th Grade
Thursday, June 20 – August 15 (not
meeting 7/4)

*Mail completed & signed entry
Form with Payment to:
Columbus Roadrunners
PO Box 9734
Columbus, GA 31908*

Where: Cooper Creek Fitness Trail

Cost: \$20 includes Training, TShirt, Certificate & \$5 discount on target race

Target Race: Lakebottom 1 Mile or 5K on August 17

Registration? Register at Big Dog Running Co store, complete this form & mail to the address above, or register online at www.runsignup.com

First name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Grade: _____ Male Female Phone: _____ Email: _____

Shirt Size (please check one):
Adult: Small Medium Large X-Large XXL
Youth: Small Medium Large X-Large

Waiver/Release Statement (please read and sign below):

In consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors, and administrators, waive any and all rights and claims for illness, injuries, or damages I may have against the Columbus Roadrunners Club, The Road Runners Club of America and its officers, directors, and members, volunteers, employees, agents, sponsors or race director. None of the above is responsible for loss of personal items, or any form of aggravation in connection with said event. I fully understand that my participation is a completely voluntary undertaking of my own choosing and I fully understand that in doing so I assume full responsibility for all damages or injuries incurred by me in connections with this event. I give permission for the free use of my name or photograph in any broadcast or print account of this event. I am in proper physical condition to participate in this event. I certify that I carefully read this release and know the contents.

Participant's Signature

Parent or Guardian's Signature