



Kids Run Columbus Training Program  
 K – 6<sup>th</sup> Grade  
 Thursday, July 1 – August 19  
 6 pm

*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 Saturday August 21

**Registration?** Register at Big Dog Running Co store, complete this form & mail to the address above, or register online at [www.runsignup.com](http://www.runsignup.com)

First name: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

Grade: \_\_\_\_\_ Age \_\_\_\_\_  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