



Saturday
NOVEMBER

10
2012

ADDRESS: Mt. Ogden Park Pavilion
3144 Taylor Ave.
Ogden, UT 84403

TIMES:
race-day registration..9:00 a.m.
Packet pick-up.....9:00 a.m.
5K start time.....10:00 a.m.

Complete **ALL** info. Submit using one of the following methods:
▶ Register the day of the race starting at 9:00 a.m.
▶ Turn in registration form to a member of the OHS Cross Country team
▶ **OR** register online at www.runwalkjog.com/ohs



For more details about the race, visit:
runwalkjog.com/ohs

Detach above the line. Keep top portion for a reminder, and submit bottom portion with your entry fee.

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

E-mail _____ M/F _____ Date of Birth _____ Age _____

Check one option:

5K with t-shirt.....\$20.00

5K t-shirt not included.....\$12.00

circle t-shirt size

S M L XL

Total Amount Enclosed _____
Please make checks payable to **Ogden Track Club**



WAIVER
In consideration of the acceptance of my entry in the Black & Orange 5K, I, the undersigned participant, and if less than 18 years of age, my parent or guardian, intending to be legally bound, do hereby for ourselves, and heirs, executors, administrators and assigns, forever waive, release and discharge any and all rights, claims and actions for damages that we or any of us may hereafter accrue to us or any of us, against any and all persons, organizations and entities associated with the event, including but not limited to the Ogden High School, Ogden City, Weber County, any and all sponsors of the event, the state of Utah, volunteers, and individual race organizers/OHS Coaches, arising out of or in connection with my entry in, travel to, participation in, and returning from the Black & Orange 5K race. I attest and verify that I am physically fit and sufficiently trained to participate in this event and that I understand that I am responsible for my own safety while participating in this event, and the post-race activities. I also give my permission for the free use of my name and/or pictures in broadcasts, telecasts, newspapers, posters, advertising, etc. I understand that the entry fees are non-refundable.

Signature _____ Date _____
Signature of parent or guardian if participant is less than 18 years old.