

5TH ANNUAL

RUNNING FOR THE ROCK



5k Run / 2 Mile Walk

SATURDAY, SEPTEMBER 17, 2022
BRODHEAD ELEMENTARY SCHOOL
8:00 A.M.

*Proceeds benefit the
RCHS Boys Basketball Team*

In-Person Event Details:

- \$25 pre-registration fee, deadline Friday, September 9.
- Pre-registered participants receive a custom dri-fit race t-shirt.
- Race day registration will be available. Shirt not guaranteed.

Awards

- Overall male and female race winner
- Top two RCHS basketball players
- Top three male and female runners in each of the following age groups: 14-under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80+
- Top three fastest male and female walkers

Virtual Event Details

- 5K Run or 2-Mile Walk
- \$25 registration fee, deadline Friday, September 9.
- Participants will receive a custom dri-fit race t-shirt.
- Choose shipping for \$7 or arrange for shirt pickup.
- Complete your run/walk and post results on-line between September 17-24.

Questions/Information

- Contact Andrew Cash at 606-682-7822



RUNNING FOR THE ROCK • REGISTRATION FORM

(Please Print Clearly)

In-Person: Run: Walk: **Virtual:** Run: Walk:

Name: _____ Age: _____ Gender: M F

Shirt: UNISEX: YM YL XS S M L XL 2X (add \$2) 3X (add \$3)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Emergency Contact: _____

E-mail: _____

First time participating in an organized run/walk? Yes No

How did you hear about this event? Newspaper Friend On-line Race Calendar Social Media Strides Magazine Other _____

Amount Enclosed (check one)

Pre-Registration (*must be received by Friday Sept. 9*) \$25.00

Rockcastle Regional Employee Discount:

Pre-Registration (*must be received by Friday Sept. 9*) \$12.50

Make Checks Payable to: RCHS Boys Basketball

Send form and payment to: Attn. Chelsea Dillingham, P.O. Box 1310, Mt. Vernon, KY 40456 (*Fees are non-refundable*)

WAIVER

PLEASE READ CAREFULLY: Release and indemnity agreement – Running and/or walking a distance race is a potentially hazardous activity. I should not enter and participate unless I am medically and physically able, and properly trained. In consideration of entering this run/walk event, and intending to be legally bound, I do release and waive for myself and for my heirs, executors, and administrators (and for my child as its legal guardian) and claims for damages and liabilities of any kind arising out of my participation in the event against all persons, entities, and agencies involved with promoting and running the event, including Rockcastle Regional Hospital and Respiratory Care Center, Rockcastle County High School Boys Basketball, and all Sponsors. I hereby release all publication rights of any photographs or video taken at this event to Rockcastle Regional Hospital and Respiratory Care Center for print and Website publication and/or advertising and social media. By signing below, I indicate that I agree to abide by this agreement and acknowledge that I ASSUME ALL RISK ASSOCIATED WITH PARTICIPATING IN THIS EVENT.

Participant(s) Signature (Or parent's signature if under 18) _____ Date: _____