

CABBAGE ROLL RUN



4 MILE RACE/KID'S RUN

Waynesville Ohio at Waynesville High School

OCTOBER 1, 2016

Start time 8:00 am for 4 Mile Race

Start time 9:30 for Kids Run

Entry Fees (Non-Refundable) \$25 Early Bird Registration until September 1st. \$30 after September 1st. Free Race Shirts to race participants, who pre-register by September 17, 2016

Race Day Registration: Starts at 7am at Wayne Local Schools \$30 Cash or Check-Shirt not guaranteed.

On-line registration form and mailing information to:

Online visit www.speedy-feet.com online registration		Or Mail or Drop Off forms to:
Waynesville Area Chamber of Commerce		Up and Running
P.O. Box 281	OR	6123 Far Hills Avenue
Waynesville, Ohio 45068		Dayton, OH 45459

Parking is available at all School Parking Lots. Indoor Restroom Facilities Available.

Make checks payable to: Waynesville Area Chamber of Commerce (WACC)

Questions?: Contact Heidi Miltenberger at 513-897-1346 for more information. Also visit www.waynesvilleohio.com, www.sauerkrautfestival.com or www.speedy-feet.com.

CHECK-IN AND REGISTRATION:

Thursday, September 29th from 4-6 pm at Up and Running on Far Hills Avenue
Friday, September 30th from 4-6 pm at the Waynesville Chamber of Commerce Office
Saturday, October 1st starting at 7am at the Registration Tables at Wayne Local School

Awards: Offered to the Top Overall Female and Male runner. Top 3 Male and Female in Age Categories 10 & Under, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over.

Visit www.speedy-feet.com for results available after the race.

Name: _____

Address: _____

City, State, Zip _____

Male _____ Female _____ (please check one) _____ Age(race day)

Phone _____

E-Mail _____

Race Shirt Size: Youth S- M- L Adult-S-M-L-XL- XXL- XXXL Circle one

Emergency contact _____ Phone _____

REQUIRED

Waiver: All registrants are required to sign this waiver. In consideration of the acceptance of my entry, I hereby waive discharge and release on behalf of my heirs, executors, and assigns, all claims of any nature, including but not limited to damages, actions, whatsoever in any manner, arising from my participation on the Cabbage Roll Run., and do hereby release Wayne Local School District, Waynesville Chamber of Commerce, and Waynesville Police Department employees, trustees, sponsors, worker, officials, and volunteers from any claim whatsoever arising from this event. I agree to abide by all rules of participation, and acknowledge that the Waynesville Chamber of Commerce may refuse or return my entry at its discretion. I attest and verify that I understand the risks involved in such a run/walk, and that I am physically fit and have trained adequately in preparation. I give the Waynesville Chamber of Commerce permission to take my photograph during the event and use in its publicity, media, and marketing material.

Signature: _____ Date _____