

SHADYSIDE TIGERS XC 5K RUN/WALK



WHEN: WEDNESDAY, JULY 26th

TIME: 6:00pm

WHERE: SHADYSIDE HIGH SCHOOL 3890 LINCOLN AVE. SHADYSIDE, OH

COURSE: Starts and finishes in front of Shadyside High School. A semi-challenging course through the village of Shadyside. Water stations will be available at the 1 mile and 2 mile markers.

REGISTRATION: Pre-registration is encouraged. However, race day registration will be located inside the high school main entrance beginning at 5:00pm.

***if sending in the mail, please mail no later than July 10th**

ENTRY FEE: \$20 (pre-registered by July 10th)
\$25 (July 11th-race day registration)

T-SHIRTS: Participants entered by July 11th will be guaranteed a 5K race T-shirt.

AWARDS: *Plaques:* Top 3 male and female overall runners and walkers.
Medals: Top 3 male and female runners and walkers in the following age groups.
Runners: 10 and under 11-19 20-29 30-39 40-49 50-59 60-69 70 and over
Walkers: 10 and under 11-19 20-29 30-39 40-49 50-59 60-69 70 and over

****Make checks payable to: SHADYSIDE TIGERS CROSS COUNTRY**
Mail forms and payment to: Sue Ferrelli 3812 Lincoln Ave. Shadyside, OH 43947

REGISTRATION FORM

LAST NAME _____ FIRST NAME _____ AGE _____

ADDRESS _____ CITY _____ STATE _____

I PLAN TO PARTICIPATE IN THE: **5K RUN** _____ **5K WALK** _____ SHIRT SZ _____

GENDER: _____ EMAIL _____ DOB _____

5K RUN AGE DIVISION _____ 10 and under _____ 11-19 _____ 20-29
_____ 30-39 _____ 40-49 _____ 50-59 _____ 60-69 _____ 70 and over

5K WALK AGE DIVISION _____ 10 and under _____ 11-19 _____ 20-29
_____ 30-39 _____ 40-49 _____ 50-59 _____ 60-69 _____ 70 and over

WAIVER: *In consideration of this entry, I waiver myself, my heirs, and assigns, all rights and claims for danger which I might have against the race organizers, sponsors, volunteers, town of Shadyside, and all individuals associated with the race as a result of any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have trained sufficiently for this event.*

Signature _____ Date _____

Parent Signature (under 18) _____ Date _____