



# 3<sup>rd</sup> Annual Memorial 5K RUN 5K & 1 Mile Walk

**Saturday, August 6, 2016 at 8 am** (Registration begins @ 7 am)  
**Location:** Cambridge City Park, Pavilion #1 (corner of 8th and Edgeworth)  
**All proceeds benefit patient care**

**Entry Fee:** (No Refunds) Pre-registration prior to July 15 guarantees t-shirt.  
 \$20.00 adult, \$15 children 12 and under. Registration on race day is \$25.00.

Last Name	First Name	Age(required)	Male or Female
Address	City	State	Zip
Phone #	Emergency Contact Name & Phone # (required)		

**Shirt Sizes:** Adult S M L XL XXL Kids S M L XL (circle)

**Distance:** \_\_\_ 5K run \_\_\_ 5K walk \_\_\_ 1 mile walk (not included in timing system)

Waiver:  
 The undersigned ("ATHLETE") on behalf of himself/herself and on behalf of Athlete's personal representatives, assigns, heirs, executors, hereby fully and forever release, waives, discharges and covenants not to sue any municipal agencies whose property and/or personnel are used, and all other sponsoring or co-sponsoring companies or individuals related to the Flamingo Run (collectively "RELEASES") from all liability to the Athlete and his/her personal representatives, assigns, heirs, and executors, for all loss(es) or damages(s) and any and all claims or demands therefore, on account of inquiry to the Athlete or property or resulting in the death of an Athlete, whether caused by the active or passive negligence of all or any of the Releases or otherwise, in connection with the Athlete's participation in the Flamingo Run. The Athlete represents and warrants that he/she is in good physical condition and is able to safely participate in the Flamingo Run. The Athlete is fully aware of the risks and hazards inherent in participating in the Flamingo Run, and hereby elects to voluntarily compete in the Flamingo Run, knowing the risks associated with the Flamingo Run. The Athlete hereby assumes all risk of loss(es), damages(s), or injury(s) that may be sustained by him/her while participating in the Flamingo Run. The Athlete agrees to the use of his/her name and photographs in broadcasts, newspapers, brochures and other media WITHOUT ATHLETE permission or compensation. The Athlete acknowledges that the entry fee is non-refundable and non-transferable. The Athlete hereby consents to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the event.

Signature	Date
Guardian Signature (if under 18 years of age)	Date

**Pre-registration:** Mail form to address below by July 15, 2016  
**Make Checks payable to:** Hospice of Guernsey, Inc.  
**Mail to:** Hospice of Guernsey Inc. PO Box 1165 Cambridge, Ohio 43725

Early Race Packet Pick Up: August 3 & 4 from 9:30 am to 4:30 pm @ Hospice Office

**For info:** Kathi Williams or Jenna Conaway 740-432-7440 or jenna@firewireinternet.com  
**I would like to make a tax deductible donation in the amount of \$ \_\_\_\_\_**

## Flamingo 5K Race Rules

1. You must obey all directions by course monitors, police and safety personnel.
2. Please stay on the race course, check the race map before you start. The course is lined with bright pink flamingos. Follow the birds; stay on course.
3. If you have registered as a 5K walker, please only WALK. If you've registered as a 5K runner, you may RUN or WALK or BOTH. (There is a walking medal in this race. If you run as a walker, this would allow you to finish before the fastest walker.)
4. The course goes through the cemetery – which has a no pet rule. We respect that, so no pets (dogs, cats, gerbils...goldfish).
5. For your safety and the safety of others, please allow room on the left for faster individuals to pass you.
6. Strollers are allowed, but please start towards the back of the pack.
7. Have fun! Stick around for medals and some quirky awards!