

FEET FOR THE LITTLE BEAT 5K

Race fee: \$25.00
(race day \$30.00)

**CCBC
CAMPUS RUN**

Make checks payable and mail to: **OC Tri-Running Sports Inc., P.O. Box 1642 Berlin, MD 21811**

First Name										Last Name									
Mailing Address																			
City										State					Zip Code				
Phone					Race Day Age					Date of Birth									
Email																			

Shirt size: SM M LG XL XXL **Gender:** M F

UNCONDITIONAL RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT (AAGREEMENT@) In consideration for being permitted to participate in any way in any and/or all events(AACTIVITY@) on designated date(s), events owned by OC Tri-Running, Inc. I, one participating in this event for myself, my personal representatives, assign heirs and next of kin: (1) **ACKNOWLEDGE**, agree and represent that I understand the nature of road running, cycling, swimming, etc. and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of open businesses, marinas, and parks activities are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity; (2) **FULLY UNDERSTAND** that (a) **ROAD RUNNING, CYCLING, SWIMMING, ETC. ACTIVITIES INVOLVE RISKS and DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (ARISKS@)**; (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of other participants in the Activity, the condition in which the Activity takes place and/or **THE NEGLIGENCE OF THE ARELEASEE@ NAMED BELOW**; (c) there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time; and I **FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation in the Activity; (4) **HEREBY RELEASE DISCHARGE, COVENANT NOT TO SUE AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS.** OC Tri-Running, its administrators, officers, directors, shareholders, volunteers, staff, agents and employees; other participants; and any other sponsors, advertisers and, if applicable, owners, lessors and/or lessees of any premises on which the Activity takes place (each considered the **ARELEASEES@** herein) **FROM ALL LIABILITY, CLAIMS, LOSSES OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE ARELEASEES@ OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS.**

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature, and intend it to be complete and unconditional release of all liability to the greatest extent allowed by law, and further agree that if any portion of this agreement is held to be invalid that the balance, shall continue in full force and effect.

Participant Signature / Guardian signature if under 18 years of age _____ date _____

Emergency contact person _____ phone _____



WHEN: Sunday October 2nd, 2016
at 10:00am

WHERE: 800 S. Rolling Rd.
Catonsville, MD 21228

Please read and fill out all information.
Register before Sep 23rd to be guaranteed any event give a ways.
 Check box if you wish to opt out of our mailing list.
Check out other events at:
www.octrirunning.com



EVENT REGISTRATION / CONFIRMATION

Online registration is available via OC Tri-Running website. Use the "ONLINE REGISTRATION" link from our website. If you choose to mail in your registration please print entry form provided with this info packet.

Fill out form in its entirety and mail your check or money order to:

OC Tri-Running Sports Inc.

P.O. Box 1642

Berlin, MD 21811

It will take approximately 7-10 days from post mark date to process your registration.

Online registrations are processed immediately. We will be accepting registrations on the morning of the event at Lighthouse Sound clubhouse, but we **cannot** guarantee you an event shirt or any other give a ways if you choose to wait to register.

RACE FEES

Standard fee: \$25.00

Race Day fee: \$30.00

1 mile walk is free of charge but we ask for any donation to be given to Mended Little Hearts.

RACE PACKET PICKUP

Packet pickup time and location:

- Sunday, Oct 2nd race day 8:30am – 9:40am
- CCBC College Campus, 800 S. Rolling Rd.

AGE GROUPS AND AWARDS

awards are:

1st place overall male and female
1st and 2nd place age group male and female

age group are:

11 and under

12 – 15

16 – 19

20 – 29

30 – 39

40 – 49

50 – 59

60 – 60+

PARKING

Some parking will be available at the Lighthouse Sound club house.

RACE BIBS

Your race number must be securely fastened to the front of your body at the start and all during your race. Make sure your number is clearly displayed. Our course marshals and photographers will need this number to identify you. There will be a timing sensor on the back of your bib. Do not fold your bib or remove this sensor, if damaged it may result in missed race times. Your race bib number is also your ticket to any post race participant festivities so do not remove, trade or tare your bib once your race is over.

PROHIBITED ITEMS ON COURSES

The following items are **not** allowed on any course for any reason. These rules exist for your safety as well as others on the course(s). Help us provide you with the best race possible.

- no in-line skates or roller blades.
- no pets of any kind.
- no strollers but baby joggers are acceptable.

Anyone found in violation will be removed from the course(s) immediately.

REFUND AND TRANSFER POLICY

Entry fees are non-refundable and non-transferable for this year's event, no exceptions. Once we have received your registrations form and have processed all information all entries are final



**Mended
Little
Hearts**



Presented by: www.WomensExpoForum.com
