

Jingle Bell Rock 5K Run/Walk & 10K Run



**Proceeds will benefit the American
Cancer Society Relay For Life of
Phelps County**

Date: December 19, 2015

Time: 10K 9:00 AM 5K 9:30 AM

Pre-register by: December 11

Entry fees:

- **5K Runners & Walkers \$25**
- After December 11th \$30
- **10K Runners \$30**
- After December 11th \$35

Participants of the Rolla Multi-Sport Club Race Series receive \$5 discount.
Children 10 & under are \$15 if registered by December 11th

Rolla Veteran's Memorial Park

**Race Day Registration starts at 8:00
AM at Park Pavilion**

**Contact person: Gina Maben
573-308-0805
Gina.Maben@Mercy.net**

One Registration form per runner/walker

Name: _____

5K _____ Or 10K _____

Male _____ Female _____

Age on race day: _____

Address: _____

City: _____ State: _____ Zip _____

Phone: _____

Email Address: _____

T-Shirt Size (Please Circle)

Child sizes YS YM YL

Adult sizes S M L XL XXL

Make checks payable to ACS or American Cancer Society. Mail or deliver registration form and fees to Mercy Clinic Rolla Pediatrics, 1605 Martin Springs Drive Suite 250 Rolla, MO 65401 or register online at split-secondtiming.com

Prizes

Medals will be awarded to top male & female 5K & 10K racers in each age division along with top male & female overall 5K & 10K racers.

**Packet Pickup
Friday December
18th 4-6:00 PM
Mercy Clinic Rolla
Community Room**

Registration includes:
Event t-shirt (if registered by 12/11/15), chip-timed race, hot cocoa & snack after race and a jingle bell to ring along the way.



Release & Waiver (Please read and sign): I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that police protection will not be provided and there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also assume any other risks associated with this running event including, but not limited to falls, contacts with other participants, the effects of weather or conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event. Knowing these facts and in consideration of your acceptance of my entry I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims of liability for death, personal injury, property damage, or any other kind of injury of any nature whatsoever arising out of or in the course of my participation. The undersigned further grants full permission to use any photographs or videos taken during event. Minors will be accepted with a parent's signature.

I hereby waive all claims against Split Second Timing, LLC as well as any other personnel, agencies, or volunteers connected with this event. We reserve the right to cancel the event in case of dangerous, inclement weather. In the event the 5K is cancelled and not rescheduled no refunds will be issued.

Signature

Date

Signature of parent or guardian if under 18 years of age.

Date