



2019 Bonehead 5k & 10K

New routes this year!

The Rolla Multisport Club invites you to join us for the Bonehead 5K race and walk, and 10K race!! A portion of the proceeds will benefit Court Appointed Special Advocates (CASA) for children. The National CASA Association recruits, trains, and supports volunteers to represent the best interests of abused and neglected children in the courtroom and other settings.

When: Saturday, October 26 - 8am

Rolla Street in front of the Rolla Public House Brewing Company

Prices: 5k walkers and runners: \$25 until October 12 (\$30 after October 12)

10k runners: \$30 until October 12 (\$35 after October 12)

Prizes awarded to:

Top 3 overall male and female runners and the 1st, 2nd & 3rd place male and female participants in the following age groups: 19 and Under, 20-29, 30-39, 40-49, 50-59, 60+

Sign up under a 5k or 10k team for the chance to win a team trophy!

Minimum of 3 participants with no maximum

Top three times will be used to determine winning team

Prizes also awarded for best costumes so don't forget to dress up!

All paid registrants will receive a t-shirt (only guaranteed if registered by the 12th), a FREE BEER & a chip timed fun race for charity!

Packet Pickup:

Friday, October 25 - 4-7pm - Public House Brewing Company - Rolla

Race day morning 7-7:45am - Public House Brewing Company - Rolla

Name: _____ Date of Birth: _____

Male: _____ Female: _____ Race (circle): 5k Walker 5k Runner 10k Runner

Address: _____ City: _____ State: _____ Zip Code: _____

Cell phone number: _____ Email address: _____

Emergency Contact Name & Number: _____

Shirt Size: **Small Medium Large X Large 2XL 3XL**

Release and waiver (Please Read and sign) I acknowledge by submitting this form that the Bonehead races will take place regardless of weather and that there will be no refunds. 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, although police protection might be provided, 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 running this event including, but not limited to, falls, contact with other participants, and the effects of weather and 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, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation . The release form and waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or another record of the event for any purpose. Minors will be accepted with a parent's signature.

_____ / ____ / _____

Signature/Date

For questions contact: Gina Maben gina.maben@gmail.com 573-308-0805

Make checks out to RMC (Rolla Multisport Club) Mail to: Rolla Multisport Club PO Box 78, Rolla, MO 65401