

### 3<sup>rd</sup> Annual Run for Ringgold 5K/1 Mile Fun Run

Sponsored by Ringgold High School Cross Country and Track and Field

- Date/Location: April 10,2021, at 8:00 AM, Ringgold, GA 30736.  
Ringgold High School (29 Tiger Trail)
- Entry Fee: 5K \$25.00 early registration April 1,2021 (\$30.00 race day registration 7:00 AM)  
1 Mile Fun Run/Walk \$20.00 early registration April 1, 2021 (\$25.00 race day)
- Event Sponsorship: \$50 for Ad space on Shirt, Banner and table space at event for your business
- Course: Flat to rolling hills through town of Ringgold and the campus of Ringgold High
- T-shirts: Guaranteed to pre-registered runners on race day.  
Late registration may not have shirts available to them.
- Awards : First place awards (male and female)  
As follows: 18 and under, 19-29, 20-39, 40-59, 60-69, 70 and over

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Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_  
Email Address \_\_\_\_\_

Age on day of race (April 10, 2021) \_\_\_\_\_  
Sex (circle) M F      Shirt size: (circle one) S      M      L      XL

Event- 5K \_\_\_\_\_ 1 Mile Walk \_\_\_\_\_ Event Sponsorship \_\_\_\_\_  
Early Registration \$ \_\_\_\_\_  
Check # \_\_\_\_\_ Cash \_\_\_\_\_

**\*All participants must have registration form completed before the start of the race.\***

Signature \_\_\_\_\_  
Parent or Guardian if under 18 \_\_\_\_\_

Make checks payable to: **Ringgold High School**

Mail to: Run for Ringgold 5K c/o Ringgold High School, 29 Tiger Trail, Ringgold, GA 30736  
(706-935-2254 x218)

I know that running a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to safely complete the run. I assume all risk associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat, and or humidity, conditions of the trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry. I, for myself and anyone entities to act on my behalf, waive and release Ringgold High School, Ringgold Cross Country, Ringgold Track and Field, Sponsors of the Run for Ringgold 5K Race and any other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature \_\_\_\_\_