

2nd Annual ROCAS CINCO de Mayo

5K Run / 1 Mile Walk

at Shawnee Sports Complex in Dunbar / Institute on May 6, 2022

Rocas Cinco de Mayo 5K run at Shawnee Sports Complex all profits benefit Shawnee Park Foundation 501©3. Mail Registration forms to: One Salango Way Dunbar WV, 25064. You may drop off registration and check Monday through Friday between 9-4p or on race day.

Make Checks Payable: Shawnee Park Foundation (write Rocas 5K run / 1mile in memo line)

Registration:

You can register on this Web site or print a registration form to mail in or bring on race day.

Register before April 29, 2022, and you will receive Race T-shirt.

Must register prior to the event, [please circle the one you will be participating in for the 5k run or 1 Mile Walk, paid registration will receive t-shirt if they register prior to April 29th:

\$15.00 for 1 Mile Walk ages 6 -18 (5 and under free to walk – no – t-shirt included)

\$20.00 ages 1 Mile Walk 19 and over

\$15.00 5K Run 6-18 (5 and under free to run – no-t-shirt included)

\$25.00 5K Run (19 and over)

T-shirts are included in pre-registration.

You will have a much more relaxed race day if you have already registered and paid prior to race day. You will only have to pick up your race packet including bib, rather than having to fill out a registration form and paying the morning of the race. This will give you more time to relax and talk to your old friends, make new ones, and even warm up a bit on the course.

Please note that registration with a credit card can ONLY be done through the website tristateracer.com. Mail registrations must be accompanied with a check and on-site registration must be with cash or a check. When you register through the Website a processing fee of \$3.00 will be added to the \$20 transaction. If you register by mail or on-site there is no additional fee.

Please print Registration name: _____ Age _____ (M/F) _____ Gender

(S, M, XL) _____ \$2.00 for XXL, XXXL _____

Street _____ City _____ State _____ Zip _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather (including cold weather and ice), traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I for myself, and anyone entitled to act on my behalf, waive and release Rocas Cinco de Mayo 5k Run at Shawnee, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

Parents if under 18: _____ Date: _____