

Think Holzer First 5K

April 29th 2023

8:00AM

Visit www.tristateracer.com/thinkholzerfirst5k to register online

Bring your family out to celebrate spring by running or walking this 3.1-mile course. Proceeds from this race will go to the Holzer Heritage Foundation and the O.O. McIntyre Park District.

REGISTRATION FEES \$10 Kids 12yrs & Under | \$25 Early Bird (post-marked by Feb 28th) | \$35 March 1st through Race Day

AGE GROUPS & AWARDS Each participant will receive a finisher's medal upon crossing the finish line. Trophies will be awarded to the overall top male and female (no duplications) and 1st place for both male and female in each of the following age groups: 12 & under, 13-17, 18-25, 26-35, 36-45, 46-55, 56+

COURSE DESCRIPTION The course starts and ends near the Holzer Sycamore Branch. It travels through GDC on Ohio Avenue, the bike trail between Haskins Park and Holzer Sycamore, as well as down 4th Avenue to a turnaround spot. The course is completed on a paved surface with gradual elevation changes in a couple spots. This is not a certified course.

All mail-in registrations received by midnight on April 15th will be guaranteed a t-shirt. Limited quantity of extra t-shirts will be made available to those who register after April 15th on a first come, first serve basis.

Think Holzer First 5K Registration Form

****All mail in registration forms must be post-marked by April 19th to allow for processing time****

Name: _____ Age as of April 29: _____

Address: _____

Circle Gender: Male Female Circle T-shirt Size: YS YM YL S M L XL 2XL 3XL

Email Address: _____ Phone Number: _____

Circle Registration: Early Bird-\$25 Regular-\$35 Kid 12 & Under-\$10 Amount Enclosed: _____

Please make checks payable to: "Holzer" noting Think Holzer First 5K in the memo section.

Mail to: Holzer c/o Rebecca Lewis in Dietary, 100 Jackson Pike, Gallipolis, Ohio 45631

Waiver: I acknowledge that running a road or other race is a potentially hazardous activity and may entail known and unknown or unanticipated risks, which could result in physical injury, death or property damage. I hereby assume all risks associated with this event, including, but not limited to, falls, contact or confrontation with other participants, passers-by, or spectators, inclement weather, effects of weather (including high heat and/or humidity), traffic and/or road conditions, and other risks. I understand that such risks cannot be eliminated without jeopardizing the essential qualities of the activity. These risks may also occur as a result of my own actions, inactions or negligence, as well as actions, inactions or negligence of others, weather conditions, condition of equipment, condition of the streets, facilities, and/or grounds, natural disaster, national disaster, and any first aid emergency treatment which may be administered. There may also be other risks that are not foreseeable at this time. I hereby agree to abide by any decision of a race official relative to my ability to safely participate, compete in, or complete the event. I acknowledge that I should not enter and run a race unless I am medically able and properly trained. As part of the consideration for my participating in the activity identified above, I hereby release, discharge, and hold harmless the race officials, sponsors, volunteers, TSR Timing Group, as well as any director, officer, employee, or any person acting in any capacity on their behalf (hereinafter collectively referred to as "Organizers") from all demands, claims, causes of action, suits, contracts, agreements, obligations, covenants, defenses, costs, liabilities and judgments, whatsoever, known or unknown, suspected or unsuspected, whether sounding in contract or in tort, in law or in equity, which I might have against any or all of them, arising from or related to my participation in the event. I hereby waive all claims and demands against the Organizers for any loss, damage, injury (including death) or claim of any kind arising from, related to or caused by my participation in the Event and agree to indemnify, defend, and hold harmless the Organizers from all loss, liability, damages, costs, and expenses (including actual attorney's fees) arising from or related to same. In permitting myself to participate, I understand that my photograph/video may appear in publicity or brochures marketing programs and facilities. I understand that there are no rights granted to me to inspect or approve photographs/video prior to publication.

Signature of Participant or Parent/Guardian if under 18 years of age: _____