



What: First Annual Cougar Prowl 5K
Where: Kenton Ridge High School Stadium
4444 Middle Urbana Road
When: 9:00 am, August 11, 2012; Packet pick-up 8:00-8:45
Why: All proceeds benefit the KR Cougars Marching Band
Cost: \$20... Register by July 29th to guarantee a t-shirt
Visit www.Speedy-feet.com to register online.

5k Divisions: Male/Female 11 & Under, 12-15,16-19,20-29,30-39,40-49,50-59,60+

For more information contact Jen Wade at 937-215-7124 or WadesFit4Him@woh.rr.com

Name: _____

Address: _____

Phone: _____ Email: _____

Birthday: _____ Sex: Male/Female Shirt Size: S M L XL XXL
XXXL

WAIVER: (Signature of participant, parent/guardian if under 18 years old)

_____ In consideration of your acceptance of my race entry in the Cougar Prowl 5K, I am intending to be legally bound for myself, my heirs, executors, and administrators, and do hereby WAIVE, RELEASE, AND DISCHARGE Jen Wade, Northeastern School District, organizers, volunteers and sponsors from ANY and ALL liability or obligation to me. I also understand and agree that the event may subsequently use for publicity and/or promotional purposes my name or picture of me participating in this event without liability or obligation to me. I have read the entry form and certify compliance by my signature. I also agree that my entry fees, once paid, are non-refundable. I further grant full permission to either organization to use my photographs, videotapes, motion pictures or other record of the event for any reasonable purpose. I have read and agree to the terms of the waiver on this form and understand additional waivers may be required.

Mail registrations forms to: Cougar Prowl 5K, 4112 Helena Drive Springfield, OH 45503