

Run the Ridge in 2012

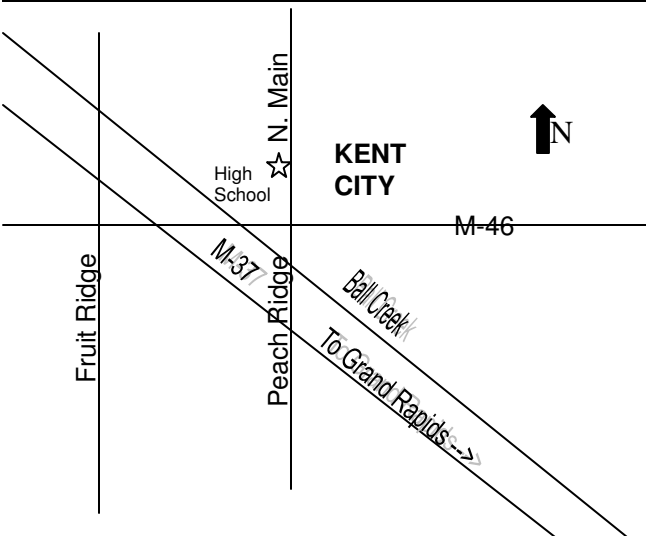
- Saturday, March 24, 2012
- 9:30 a.m. start for both the 15K and 5K
- 15K finisher medals
- Light blue short-sleeved technical shirts to all PRE-REGISTERED runners. After 3/9, cotton shirts will be available on a first-come, first served basis.

THE COURSE

- Both runs will have aid stations.
- 15K:** rolling route (Jill's Hills); downhill finish
5K: completely paved, out-and-back style, finishing downhill

LOCATION

- **Kent City High School**, 351 N. Main St., Kent City, MI 49330
- Kent City is located 20 minutes north of Grand Rapids (use M-37) & 25 minutes east of Muskegon (use M-46).



INFORMATION

Fees:

Early **ONLINE** registration:

www.active.com

\$20 online w/ **tech** shirt

\$18 online student / sr. rate (18 & under or over 62) with a tech shirt

\$15 online w/out shirt

Early **MAIL-IN** registration:

\$22 w/ **tech** shirt*

\$17 w/out shirt*

\$20 student / sr. rate (18 & under or over 62) with a tech shirt*

\$18 each—family rate for 3 or more from same address. Includes tech shirt for each.*

***Must be post-marked by March 9!**

LATE registration:

\$25 w/ **cotton** shirt (if available)

\$20 w/out shirt

No family or student rates after March 9.

Race day registration is from 8:00-9:00 a.m.

NO REFUNDS

--Online registration, timing & results done by Mac's Sports Timing at www.macssportstiming.com

--Locker rooms will be available.

--Refreshments will be available inside following the races.

Awards:

Overall, masters' and grand masters' (over 60) awards, and *at least* 3 deep in the following age categories: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

5K: There will also be a 10 & under group

For more information: Contact Jill Evers at eversj@kent-city.k12.mi.us or 616-678-4210 (school).

Send this entry form to:

Jill Evers; 15240 Barber Creek; Kent City, MI 49330

*Checks payable to: Kent City Ridge Run

Please PRINT clearly

Name _____

Gender:(circle one) M F

Event:(circle) 15K Race 5K Race 5K Walk

Address _____

City _____ State _____

Zip _____

Phone(_____) _____

Emergency phone # _____

Contact person _____

E-mail address _____

Age on 3/24 _____ Date of Birth _____

T-shirt size: No Shirt S M L

XL XXL(Add \$1) Youth L Youth M

Legal Waiver & Signature: I hereby certify that I have carefully read, understand, and agree to the Entry Form and will be legally bound by this release (waiver). I certify that I have entered this race of my own free will. I am in a physical condition that allows me to enter this event. In consideration of the acceptance of my entry, I do, for myself, my heirs, administrators and executor waive and release, forever, any and all rights to claims and suits for damages I might accrue against Kent City High School, its principals, representatives, sponsors, volunteers, &/or beneficiaries, for any and all injuries suffered by me while traveling to, from, and while participating in the race event. Further, I certify that I am covered by my own medical insurance or, failing that, accept full responsibility for any and all expenses I may incur. My photograph, likeness, or video may be used for any legal purpose by race organizers. I have read this waiver and agree to its terms.

Signature of applicant _____

(or parent/legal guardian if participant is under 18)

Date _____