

Registration:

Name: _____

Address: _____

Phone: _____

Email: _____

Age as of 9/6: _____

Male: _____ **Female:** _____

Shirt Size:

Youth S M L XL

Adult S M L XL XXL XXXL

Please make checks payable to Hugh Bost Memorial 5K

Participant Waiver:

In consideration of acceptance of this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, wave and release any and all rights and claims for damages I may have against The Town of Rockwell, Rockwell Police Department, and all sponsors, contributors and their representatives, successor and assignees for injury or illness which may result from my participation.

I attest that I am in proper physical condition to compete in this race and understand the risk associated therewith. I also give my permission for the administration of medical aid in the case of an emergency. I further give my permission for the free use of my name, voice recording, or picture in any broadcast, telecast for any legitimate purpose. I understand that if the race is canceled because of circumstances beyond the control of the race committee and sponsors, including but not limited to hazardous weather conditions or government ban, my entry fee will not be refunded.

Signature (Parent / Guardian must sign of under 18)



POWLES STATON
FUNERAL HOME



Rockwell Police Department

PO Box 506

Rockwell, NC 28138

Hugh Bost



Memorial 5K



Saturday, Sept 6th @ 8:30am
150 Rockwell Park Dr. Rockwell, NC 28138

Race will begin and end at Rockwell Town Park. Course will include downtown Rockwell. Will be slight inclines and declines.

All Proceeds will go to the Local Law Enforcement K9 program.

\$25 admission if received before race day

\$30 admission if paid on race day

All participants will receive T-shirt

\$15 admission for Fun Run; or \$10 with no T-shirt received



5K Course Map



5K: will run the pictured route

Fun Run: will run two laps
around paved walking path
inside of Rockwell Town Park
(around 0.7 miles)

Age Groups:

Men & Women

12 and Under

(5K and Fun Run)

13-15

16-19

20-29

30-39

40-49

50-59

60-69

70 and Over

- **Top three male & female of each group will receive medals.**
- **Top three overall male & female (all age groups combined) will receive an award plaque.**
- **Top finisher in Masters male & female (40 and above) will receive an award plaque.**

Hugh Bost Memorial 5K is used to help fund the K9 programs of Law Enforcement Agencies in Rowan County.

