**Date:** April 21, 2012

**Location**: Lake Pomme de Terre, U.S. Army Corps of Engineers Outlet Park (below the dam).

**Time**: 9:00 a.m.

**Register**: Pre-register or register on race day beginning at 7:30 and not later than 8:45 a.m.

**Awards**: Trophy for overall male and female champions.

1st, 2nd and 3rd place awards in the following male and female divisions:

10 & Under 20-29 50-59

11-14 30-39 60 & Over

15-19 40-49

Traveling trophy awarded to the Hickory County School District with greatest percentage of student body and faculty participation.

**T- Shirts**: First 100 entrants. Guaranteed size if registered by April 9, 2012.

**Fee**: $20.00 pre-registration. $25.00 on race day.

**Course**: Running River Trail through forested loop on finely rocked trail.

**Website:** [**www.nwk.usace.army.mil/pt**](http://www.nwk.usace.army.mil/pt)

**Stay for post-race refreshments!**

**Thanks to**: U.S. Army Corps of Engineers, Hickory County Community Improvement Coalition, Hermitage Lions Club, Hickory County Health Department, Lucas Oil Speedway, and Teen Outreach Program (TOPS) Kids and a very special thank you to the many other volunteers who made this annual run possible!

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**2012 Running River Trail 5K Entry**

Circle T-Shirt Size: Adult Sizes - S - M - L - XL - XXL

Male\_\_\_\_ Female\_\_\_\_ Age on 4/21/2012: \_\_\_\_ E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Telephone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_\_\_\_ Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**School** Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WAIVER

In consideration of the acceptance of this entry in the 2012 Running River Trail 5K, I hereby waive, release, and forever discharge any and all rights and claims for myself, my heirs, executors and assigns, against the organizers of this event or any of their affiliates, agents, employees, representatives, assigns, servants, or volunteers. This release includes, but is not limited to, the U.S. Army Corps of Engineers, Hickory County Community Improvement Coalition, Hickory County Health Department, Hickory County Sheriff’s Posse, Teen Outreach Program (TOPS), and their agents, employees, representatives, assigns and volunteers. This release is to include any and all claims for personal injury, illness, death or damage that may directly or indirectly result from my participation in this event. By signing below, I specify that I am in acceptable medical condition to participate in this event and that I am of sound mind to execute this waiver.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of participant Signature Parent/Guardian if participant under age 18

Contact information / completed entry forms:

 Hermitage Lions



U.S. Army Corps of Engineers

Attn: Running River 5K

Rt 2 Box 2160

Hermitage, MO 65668

417/745-6411

Make checks payable to HCCIF