

# 5th Annual/ Havin' A Crappie Day 5k/Mile Stockton State Park Marina April 5, 2014

Help us implement additional trails within Stockton State Park for all ages and abilities to enjoy. Your support over the past 4 years has helped us begin a trail system. Stick around for post race refreshments, fellowship, and drawings!

**We MUST receive your registration BY 3-28-14 if you would like a race shirt.**

*We strongly encourage online registration - Visit [www.actnowracing.com](http://www.actnowracing.com)*

Early Bird 5k (before 3-28): \$20

Registration: 7:30am - 8:45am

5k (after 3-28 and race day): \$25

1 Mile: 8:45am

1 Mile: \$15

5k: 9:15am

**\*Awards to Overall M/F and Masters M/F in the 5k**

**\*Awards to Top 3 M/F in these Age Groups (5k Only):** 0-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

We will have drawings for gift certificates and other prizes including free entries into the 2015 race.

**CAN YOU BEAT OUR COURSE RECORDS? IF SO, YOU COULD WIN \$100!**

*\*If multiple participants beat the record for either M/F, the award will go to the fastest time.*

**Male: 16:46 (Matt Wegenka 2010) Female: 20:18 (Cindy Carver 2011)**

Questions or concerns? Interested in sponsorship opportunities? Email us at [crappieday5k@hotmail.com](mailto:crappieday5k@hotmail.com) or call Joy Weis at 417-664-3355. You can also find more information at [www.stocktonstateparkmarina.com](http://www.stocktonstateparkmarina.com).

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ RACE: 5K / 1 MILE (CIRCLE ONE)

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ IS THIS YOUR FIRST 5K? \_\_\_\_\_

PHONE: (\_\_\_\_\_) \_\_\_\_\_ GENDER: M / F AGE ON RACE DAY: \_\_\_\_\_

EMAIL: \_\_\_\_\_ SHIRT SIZE: Adult: S M L XL XXL (+\$3 for XXL) Youth: S M L

**Waiver:** I understand running is a potentially hazardous activity. I should not enter and participate unless I am physically fit, mentally able, and properly trained. I agree to abide by any decision of the race officials relative to my ability to safely complete the run. I certify I am in good health and properly trained to run the distance of this race. I assume all risks associated with running in this event, all risks being known and being appreciated by me. I understand my entry fee is non-refundable. Having read this waiver and knowing these facts, and considering your accepting my entry into this running event, I, for myself and anyone entitled to act on my behalf, waive and release, Stockton State Park and Marina, Ozark Mountain Ridge Runners, ActNow Promotions/Racing, their officials, directors, agents, volunteers, and employees, sponsors, and all affiliates, of all claims or liabilities of any kind arising from my participation in this event even though that liability may arise out of the negligence or carelessness on the part of the persons and/or entities named in this waiver. I grant permission to the abovementioned to use my photographs, videos, recordings, or any other recording for further promotional purposes. I understand there will be no refunds. I understand that by not meeting the early registration date, I will not receive a race t-shirt.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Guardian signature required if participant is less than 18 years of age)

Make checks payable to / Mail Entry forms to: **Stockton State Park Marina, PO Box 429, Stockton, MO 65785**