



Wildcat Duathlon & 5K

October 8th, 2016 @ 8:00am

Logan-Rogersville Middle School

8225 E Farm Road 174

Rogersville, MO 65742

All Proceeds will benefit:



& TEAM ALLISON

Entry Fee:

5K - \$25 (\$30 race day)

Duathlon - \$35 (\$40 race day)

Duathlon Team - \$55 (\$60 race day)

Registration Info:

- Pre-register online @ actnowracing.com or
Mail form to: ActNow Promotions, PO Box 460, Nixa, MO 65714 or
Drop off form: Fleet Feet Sports (formerly Ultramax), 1254 E Republic Rd, Springfield MO
- Packet Pick up: Friday, October 7th, 5:00pm-7:00pm @Fleet Feet Sports
- Race Day Registration and packet pick up starting at 7:00am
- Register by October 1st to receive your shirt on race day.

Race Info:

- 2mile/12 mile/2 mile Sprint Duathlon: Individual or Two Person Team
- 5K Run/Walk

Name: _____ Phone: _____ Age on Race Day _____

Duathlon Teammate Name (if competing as a team): _____

Address: _____

Gender M F

T-shirt Size S M L XL

Emergency Contact & Phone: _____

WAIVER: I know that running and bicycling a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and participate unless I am physically fit, mentally able and properly trained. By my signature, I certify that I am medically able to perform this event, I am in good health and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with participating in this event, including but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release persons working to raise money for the National Multiple Sclerosis Society, Team Allison, Logan-Rogersville Schools and all event sponsors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Participant's Signature _____ Date _____

Parent's Signature (if under 18) _____ Date _____