

Release

In consideration of acceptance of my entry, I hereby release, discharge and agree to hold free and harmless any sponsors, officials or organizers of this event and each of them together with their successors, assigns, officers, agents and employees from any and all liability for injuries to property or person suffered by me as a result of my participation in this event, including, but not limited to fall, the effects of weather, traffic and road conditions, all such risks being known and appreciated by me. I verify that I am physically fit and significantly trained for the completion of this event and that my physical condition has been verified by a licensed medical doctor. I have read & understand this release. I agree to be bound by its terms & conditions.

Participant Signature:

Date:

Parent/Guardian Signature
(if participant is a minor):

Date:



Run Like a Rock Star

This year's Rock'n Run will keep your pulse up and your hair big with an

Awesome '80s Theme.



Dress up like your favorite act from the 1980s, or any decade, for a chance to win fun prizes and bragging rights for best costume.

Have fun while supporting the Rock'n Ready School Supply Drive!

**We will have live music at the 5K Finish Line—
along with a slice of pizza!**

Be a Rock Star and sign up today!

Online Registration:

www.indianatiming.com



Help Students Get the School Supplies They Need



5K Run & Walk

Rock Star Sponsor:



German American Bank

Banking | Insurance | Investments
Member FDIC

**Friday, Aug 2, 2019 - SHS Commons
Race ends at the Brooklyn Pizza Company**

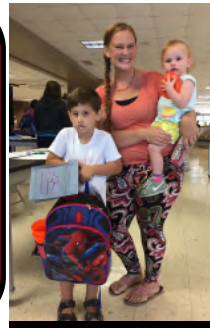
Registration 6 pm - Race 7 pm

Why We Do It

It is our goal for all Jackson County students to have basic school supplies so they start school with self-confidence and are prepared to learn.



We serve
ALL schools
in Jackson
County!



Every 2019 race participant
gets a medal.



Other Ways to Help

- **Volunteer** to help collect supplies at Walmart or help distribute supplies. Call Bonita Dobbs to learn more: 812-522-5450.
- **Spread the word:** Families can sign up to receive supplies by calling 812-375-2216.
- **Make your business a collection site.** Call Bonita Dobbs to learn more: 812-522-5450.
- **Be a Race Sponsor!** Bonita Dobbs to learn more: 812-522-5450.

The Course

The course begins at Seymour High School and finishes at Brooklyn Pizza Company! The routes take you through paved, scenic neighborhoods surrounding SHS, mostly flat terrain. All turns will be well marked, and the course will be peppered with “groupies” to cheer you on to the finish line!

Online Registration:
www.indianatiming.com

Sign Up Today

Return this signed and completed form **by July 5th** to pre-register and receive your t-shirt on race day!

Name _____ Age _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

I will participate in the

5K run _____ 5k walk _____

Indiana Timing will track all participants. Personal times will be available immediately after completion of the event and will be posted online at: www.indianatiming.com.

T-shirt size (if no size is circled, no T-shirt will be ordered and you may subtract \$5 from your registration fee)

Adult: S M L XL XXL

Youth: S M L XL

Pre-registration by July 5th \$25 (includes shirt)

Race-day registration \$30 (shirt not guaranteed)

Family discounts: (only one discount per family)

- Kids 16 and under \$5 off
- \$5 off each person with 3 or more (same household)

Please make checks payable to: Indiana Timing:

Mail payment and form to:
Indiana Timing
PO Box 188
Seymour IN 47274

For more information, please contact Jeff Niewedde
indianatiming@gmail.com