

# 1<sup>st</sup> Annual RHS Tiger Trail 5K

Sponsored by Ringgold High School Cross Country

- Date/Location: October 23, 2010, Ringgold, GA 30736.  
Davis Cattle Co. Ranch (1240 Ooltewah-Ringgold Rd.)  
Registration starts at 7:00am, Race starts at 8:30.  
1 mile starts at 8:45
- Entry Fee: 5K \$20.00 early registration (Deadline October 15, 2010) (\$25.00 race day registration)  
1 Mile Walk \$15.00 early registration (\$20.00 race day registration)
- Course: Flat to rolling hills on Davis Cattle Ranch
- T-shirts: Guaranteed to pre-registered runners on race day.  
Late registration may not have shirts available to them.
- Awards : Awards given for first place over all male and female and masters finishers.  
First, second, and third place awards (male and female)  
As follows: 18 and under, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and over

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Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_  
Email Address \_\_\_\_\_  
Age on day of race (October 23, 2010) \_\_\_\_\_  
Sex (circle) M F      Shirt size: (circle one) YL, Adult S M L XL

Event- 5K \_\_\_\_\_ 1 Mile Walk \_\_\_\_\_  
Early Registration \$ \_\_\_\_\_  
Check # \_\_\_\_\_ Cash \_\_\_\_\_

\*All participants must have registration form completed before the start of the race.\*

Signature \_\_\_\_\_  
Parent or Guardian if under 18 \_\_\_\_\_

Make checks payable to: **Ringgold High School Cross Country**  
Mail to: Joel Svoboda Ringgold High School, 29 Tiger Trail, Ringgold, GA 30736  
(706-935- 2254 x35)      jsvoboda.rhs@catoosa.k12.ga.us

I know that running a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to safely complete the run. I assume all risk associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat, and or humidity, conditions of the trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry. I, for myself and anyone entities to act on my behalf, waive and release Ringgold High School, Sponsors of the Tiger Trail 5K Race and any other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature \_\_\_\_\_