**Alpha Dog Running Club 5K/1.5 Fun Run Challenge**

**“Toughest 5K Course in the Metro-East”**

**Date:** August 5th, 2017 @ 8:00 A.M. (registration begins at 7:00 for those who are not pre-registered)

**Site:** Staunton Country Club

**Cost: 5K -**$25.00 for Adults, $15.00 for Students

**1.5 Mile Fun Run/Walk** - $ 15.00 For Adults, $10.00 for students

(Add $ 5.00 for same day registration)

(Guaranteed t-shirt if registration is received by July 25)

Please cut along the dotted line and send form and payment to address below or go online at [www.iwantregistered.com](http://www.iwantregistered.com) and locate the Alpha Dog race icon.

Alpha Dog Running Club

105 S. Timberview Dr.

Staunton, IL 62088

All ages welcome. Please submit one registration form per runner. For additional forms or questions, call or text J.J. Kolesar (618-560-1277) or Steve Moore (618-402-1383) or visit www.alphadogrc.org

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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age (prizes are flighted): \_\_\_\_\_\_\_\_\_\_\_\_

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

State: \_\_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ T-Shirt Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Release/Waiver Statement: Please read carefully, sign and return with registration. I hereby for myself, my heirs, executors, administrators, and anyone entitled to act on my behalf, release and discharge the event sponsors, volunteers, and host site from any kind of illness, injury, or damage suffered by me as a result of my participation in, or traveling to or from the event. I know and understand that participating may be hazardous. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event including but, not limited to, falls and contacts with other participants and the effect of weather and conditions of the path. All such risks being known are accepted by me. I realize that running is a strenuous activity which requires proper physical conditioning. I do hereby certify that I am in such physical condition and in good health.

Printed name of Participant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_

Signature of Parent/Guardian if Participant is under the age of 18: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_