



10th Annual  
Progressive  Foam  
TECHNOLOGIES, INC.

# Beach City 5K Run & Walk

**Date: Saturday, September 21, 2019**

**Where: Beach City Village Park**

**Registration: 7:00 AM** (\$20 preregistration. \$25 race day registration. Shirts guaranteed to those registered by Saturday, September 9).

**Kids Fun Run: 8:30 AM** (Kids 12 & under, \$5 fee, race day registration only).

**5K Run & Walk: 9:00 AM**

**FOR COMPLETE RACE INFO, GO TO:**

**[www.beachcity5k.blogspot.com](http://www.beachcity5k.blogspot.com)**

**Awards: 10:00 AM**

A cash award will be presented to any runner, both male & female, who sets the course 5K record. Awards will be given to the top three overall male & female finishers in the 5K. Awards will also be awarded to the top three male and female finishers in EACH of the following age groups for the 5K: 9 & Under, 10-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

All proceeds support the Beach City CIC, a 501c3 non-profit organization.

**Makes checks payable to: Beach City CIC**

**Mail to: Beach City 5K, P.O. Box 144, Beach City, OH 44608**

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**Name** \_\_\_\_\_

**Age (As of race day)** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Email** \_\_\_\_\_

**Sex: M or F    Shirt Size: S   M   L   XL   2XL**

**Waiver:** I have read this waiver and in consideration of your acceptance of this entry to the Beach City 5K Run, Walk, or Kids Fun Run, I do hereby, for myself, my heirs, executors, and administrators, waive and release and discharge the hosts of sponsors, or their respective agents, representatives, and employees, from all claims, demands, and rights of causes of action, present and future, whether known or anticipated, resulting from or arising out of, either directly or indirectly, my participation in this community run/walk event. I understand that I waive all rights and claims for any damages that I, my heirs or my assigns may have against the race sponsors or any and all organizations, private donors or lessors in any manner as a result of the above-mentioned event. I attest that I am physically fit and sufficiently trained for the completion of this race and fully understand the risks involved in this event. I also hereby grant full permission to use my photographs, video tapes, recordings or other record of this event for any legitimate purpose.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_ **Under 18 Parent Signature** \_\_\_\_\_