



Cougar Crawl 2017

Benefitting the Keith Bullard Memorial Scholarship Fund

Saturday, April 15, 2017

Central High School, Coosa County

5K-7:30 a.m.

1 Mile Fun Run-8:30 a.m.

*Awards will be given to the top 3 male and female winners in each race. All participants will receive a t-shirt.

*Cost: \$25 for the 5K and \$15 for the 1 mile fun run. Deadline for a guaranteed t-shirt is March 24, 2017.

*Package pickup will be on race day beginning at 6:30 a.m.

Name: _____

Address: _____

Phone: _____

Emergency Contact Name and Phone #: _____

I wish to participate in the _____ 5K _____ 1 mile Fun Run.

T Shirt Size: YS YM YL AS AM AL AXL A2X

Registration forms and payment (cash or money order only) may be delivered to the following locations:

Central Elementary School
95 Coosa County Road 75
Rockford, AL 35136

Central Middle School
97 Coosa County Road 75
Rockford, AL 35136

Central High School
243 Coosa County Road 75
Rockford, AL 35136

For more information, email Kara Forbus at kforbus@coosaschools.org or call (256) 377-1456 during school hours.

Participant Waiver for Race Registration

I know that running [volunteering for] a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, 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 the Cougar Crawl 5K and 1 Mile Fun Run, Coosa County Schools, all event sponsors, their representatives and successors 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 and/or video for any legitimate purpose.

Signature: _____
(Parent's signature if under 18 years old)

Date: _____