

# Sat., June 29th at 9AM

Race starts behind Oliver Ford Lincoln in Plymouth.  
Run/walk will take place thru the Green Way Trails /Plymouth Centennial Park  
Registration starts at 7:30am ~ Come early to have your FREE photo taken!



5K Walk    5K Run    10K Run  
Top female and Top Male in each category will receive a prize.

REGISTER ONLINE at [www.PlymouthOunceOfPrevention.org](http://www.PlymouthOunceOfPrevention.org)  
Or, RETURN THIS FORM with your check payable to: **Ounce of Prevention Fund**  
Credit cards will be accepted only with ONLINE REGISTRATION

**Circle T-Shirt Size:** To receive a t-shirt your registration form and shirt size must be returned by June 14th, 2013.  
S   M   L   XL   XXL

**\$25 Race Registration fee** includes 2013 OOP t-shirt

*(Please PRINT legibly!)*

_____		_____		<input type="checkbox"/> Male <input type="checkbox"/> Female	
First Name		Last Name			
_____		_____		( ) -	
_____		City		State   Zip	
Street Address					
Phone					
_____		_____		_____	
Email address (to receive updates)		D.O.B		Age (on race day)	

**OOPS!....** Even though I missed the cut off date for the t-shirt I would still like to **walk/run & donate \$25** to The Nancy Jaynes Memorial Scholarship Fund. Enclosed is my check for \$25. *This is also the receipt you will need to write off 100% of this donation.* **Make these checks only payable directly to Nancy Jaynes Memorial Scholarship Fund.**

**THIS WAIVER MUST BE SIGNED:**

In signing this form, I understand that participating in this event is a potentially hazardous activity. I should not participate unless I am medically able. I assume all risks associated with my voluntary participation in this event, including, but not limited to falls, contact with other participants, the effects of weather, including extreme temperatures and precipitation and traffic. Knowing these factors, I for myself, heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and WAIVE, RELEASE AND DISCHARGE the City of Plymouth, the Plymouth Parks Department and its affiliates, their agents, employees, officers, directors, successors and assigns, and ALL other sponsors, race officials, workers, or volunteers, their representatives, successors and assigns, and any other person or entity associated with this event in any capacity whatsoever, for ANY AND ALL claims or liability, whether foreseen or unforeseen, for death, personal injury, or property damage arising out of, or in the course of, my participation in this event. I further understand that I will not be allowed to participate in this event unless and until this release and waiver has been executed by me. My signature below constitutes conclusive proof that I have read, and understand the above terms and agree to be bound by said terms. I grant permission for organizers to use photographs of me and quotations from in promotion of this event.

**Please sign & mail completed form with payment to: OOP Ta Ta Trot -Attn: J. Houin PO Box 459 Plymouth, IN 46563**

_____	_____
Signature of athlete	Date signed
_____	_____
Signature of parent, if athlete under 18	Date signed