

38th Annual Spring Fling

Sunday, April 23rd, 2017 at 2:00 PM

Lima, Ohio near the YMCA (South of Elm Street on Elizabeth Street)

COURSE: The course will start and finish near Central Avenue just down from the Y. The 5K Course will head out the Riverwalk around Schoonover Lake and back.

REGISTRATION: \$20 with microfiber T-shirt to entrants (postmarked by April 10th), \$10 no T-shirt
Check made to payable to **Bath XC**
Online registration at <https://runsignup.com/>
Pre-registration to: *Spring Fling, PO Box 137, Cairo OH 45820*

PROCEEDS: Proceeds to benefit Bath Cross Country

AGE GROUPS: Five year age groups starting at 5-9, 10-14, 15-19, etc.

AWARDS: Top 3 Male and Female Overall & Top 3 Male and Female Age Groups

NOTICE: Award winners are responsible for collecting awards. Contact the race director if you leave before the presentation. No duplication of awards.

OTHER: No refunds in case of inclement weather, shirts will be available for pickup.
Contacts: Daniel Grime 419-233-5487 e-mail GRIMED@bathwildcats.org

Please Print Clearly

Name: _____

Address _____

Email: _____

Sex (circle one): M / F Age (on race day): _____

Shirt Size (circle one): YS YM YL S M L XL XXL

Waiver – Must be read and signed for entry to be accepted

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete the run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effect of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in condition of your accepting my entry, I, myself and anyone acting on my behalf, waive and release the Bath XC team and parents, ACERT, Lima Y, City of Lima, proceed recipients, race workers, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

Signature Date Parent or Guardian Signature if under 18 Date



Ron & Tammy Fisher, Pat & Danelle Abrams, Econ-O-Wash, Darcy Dear