



2011 Knight Runs

3 km, 4 km and 5 km Cross Country

A series of races held at Norwell HS to benefit the Norwell Cross Country Booster Club. A FREE 1 mile fun run will also be run each of the nights listed below.

DATES: Tuesday June 7th 3 km / Tuesday June 21st 4 km / Tuesday July 5th 5 km

TIME: 7:00 PM **Contact:** Scott Steffen (260) 824-9160 x. 111 / smsteffen65@yahoo.com

AWARDS: Only age group awards as winners are determined by combining the total number of points from the runner's age group placing in all three races.

AGE GROUPS: 10 and under; 11-13; 14-16; 17-19; 20-29; 30-39; 40-49; 50-59; 60 and over.

FEES: \$25.00 for the series of 3 races with shirt
 \$20.00 for the series of 3 races without shirt
 \$10.00 for single race without shirt
 FREE 1 mile fun run (no shirt/awards)

**ORR MEMBERS RECEIVE
 A \$5.00 DISCOUNT OFF
 SERIES OF 3 RACES**

Name _____ Gender _____

Address _____ City _____ Zip _____

DOB ____/____/____ Age _____

T-shirt size: Small Medium Large X-large ORR Member Y N

Races you plan to run: 1 mile ____ 3km ____ 4km ____ 5km ____ \$ Amount _____

Make checks to Ouabache River Runners (O.R.R.) and mail to:

O.R.R.
 P.O. Box 513
 Bluffton, IN 46714

WAIVER: Must be signed by participant or by parent/legal guardian if participant is under 18 years. I know that running a road race is a potentially hazardous activity. I should not enter 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 complete the run. I assume all risks associated with running or walking in this event including, but not limited to: falls, contact with other participants, the effect of the weather including high heat and/or humidity, traffic and the conditions of the road or any other running surface: all such risks being known and appreciated by me. For my safety, I understand that bicycles, skateboards, baby joggers, roller skates or in-line skates, animals and radio headsets are not allowed in the race and I will abide by this guideline. 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 Ouabache River Runners,, City of Fort Wayne and the Parks Department, all sponsors, all volunteers, 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 person named in this waiver. I allow my photograph or likeness to be used for any lawful purpose.

I also understand that the race will be using chip timing and I am responsible for returning the chip to the Ouabache River Runners. If the chip is not returned, I understand that I will be charged \$30.00 for replacement costs.

Signature (Parent, if runner is under 18) _____ Date _____