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Subway Bridgeview

Personal Best Fitness
350 Missouri Ave. Ste 103
Jeffersonville, IN 47130

1st Annual



Ghost Gallop 5k

10/15/2011

5:00pm

5k Run/Walk Pre-Registration

Ghost Gallop 5k Presented by
Personal Best Fitness Jeffersonville

Race Day: 10/15/2011

Time: 5:00pm

Registration and Packet Pick-Up:
4:00pm

5k Run: Begins at 5pm

Kids Run: Begins at 6pm

Race Location:
Personal Best Fitness
350 Missouri Avenue
Jeffersonville, IN 47130

The Course:

This 5k route will start next to the Historic Water Tower in Jeffersonville and will pass the the Colgate Clock and lead you down to the Falls of the Ohio.

Entry for the 5k run and walk is \$20 until pre-registration closes on Friday, October 7th at 11:59pm. After the deadline registration will be \$25.

The Kid's Fun Run is \$5 and will include a special treat. Registration for the kids run is on race day only.

You can register online at www.active.com or via mail-in entry .

AWARDS

Prizes will be awarded to the top male and female overall finisher. Prizes will also be awarded to age group winners in 5 year increments, starting with 19 & under and going through 60+

Registration Form

Please print one entry form per person
Race Date: October 15, 2011

Mail-In Entries must be received by
October 7, 2011 to guarantee a shirt.

Name: _____

Address: _____

City _____ ST _____

Zip Code _____

Email _____

Phone _____

Age on 10/15 _____ Gender _____

Shirt Size: S M L XL

Checks Payable to: Personal Best

Mail Entries to: Personal Best Fitness

350 Missouri Ave St. 103

Jeffersonville, IN 47130

Waiver: In submitting this entry, I intending to be legally bound for, by my heirs, executors and administrators, waive, release and forever discharge any rights and claims that I may hereafter accrue to me against Personal Best Fitness, event sponsors, volunteers, directors and/or assign for and all injuries suffered by my family and I at this event, while traveling to and from this event or while participating in the event. I attest and verify that I am physically fit and sufficiently trained to participate in this event. The undersigned grant full permission to any and all foregoing use to his/her likeness, including photographs or videotape for publicity and advertising purposes without compensation.
Participant's Signature (Parent/Guardian if under 18)

Sign: _____ Date _____