

# 3rd Annual Miles for Meals 5K (formerly Old Rip 5K)

benefiting the Eastland Meals on Wheels  
at the Siebert Elementary School



## Events:

5K Run, @ 8am, Saturday October 03,2020

All race proceeds directly support Meals on Wheels in Eastland mission to serve healthy meals to senior and homebound residents. Your support of this events will enable MOW to deliver over 60,000 meals annually.

## Course:

Miles for Meals will begin and end in front of the Siebert Elementary School on Sadosa Street. The paved route takes you through some inclines and declines while you run/walk through residential Eastland, circling the park hill before the finish line. A water station and first aid kit will be available.

## Registration:

Pre-registration (before September 3rd): \$25 per person ages 10 and up. **Shirt guaranteed for pre-registrants**

Registration (after September 3rd): \$30 per person ages 10 and up.

Kids run: 10 and under: \$10 per child

Teams: Special awards will be given to the school and the business that have the largest registered team. Deadline for team registration is Thursday, Sept. 3. All team forms must be received in the same envelope. Teams of 5 or more people: \$20 per registration.

Checks made payable to Meals on Wheels of Eastland.

## Check-In:

Check-In will be available the day of the event beginning at 7am.

## Volunteers:

We are looking for volunteers to assist with the race (check-in, water station, snacks). If you are interested in volunteering, e-mail Heather Chapman at [graceb4fall@yahoo.com](mailto:graceb4fall@yahoo.com).

## Registration Form:

Name \_\_\_\_\_ T Shirt Size: \_\_\_S\_\_\_M\_\_\_L\_\_\_XL\_\_\_2XL (add \$2)  
Address \_\_\_\_\_ Youth Size: \_\_\_YS\_\_\_YM\_\_\_YL  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Registration fee: \_\_\_\_\_  
Phone \_\_\_\_\_ Sex \_\_\_\_\_ Age on 09/20/2019 \_\_\_\_\_ Email: \_\_\_\_\_

## Release of Liability:

I know that running/walking in a road race is a potentially hazardous activity. I represent that I am medically able and properly trained to participate in this event. I assume all risks associated with this event including, but not limited to, heat exhaustion, falls, contact with other participants, effects of weather, dangerous traffic conditions etc. I hereby agree, for myself and my heirs, assigns, personal representative, executors and administrators, to waive, release and forever discharge Meals on Wheels of Eastland and its respective directors, officers, and employees, volunteer and any and all sponsors, suppliers, and other personnel assisting or connected with this event, any rights, claims, or demands therefore which I may have or which I may hereafter accrue to me arising out of injury to my person or my property incurred in connection with participation in the Miles for Meals 5K benefiting the Meals on Wheels in Eastland held on October 03,2020.

\_\_\_\_\_ Signature (if under 18, parent/guardian) \_\_\_\_\_ Date