

ROAD HOG 5K WALK/RUN

Friday, August 3rd 7:00 PM Starts near Homer High School Track



HOG TRI- BIKE, PADDLE & RUN

Saturday, August 4th 6:00 PM Starts at Gist Park on the Kalamazoo River

Bike on rural roads (part paved, part gravel-some pot holes) 8 miles.

Paddle on the Kalamazoo River from the Grist Park to L Drive South 1 mile.

Run back to the Grist Park on paved road and paved trail 2.5 miles.

NEW THIS YEAR: May be completed as a team.

Registration 5K or Tri:
(team each pay & complete form)

Through July 27th \$20

July 28th - Aug 2nd \$25

Students \$15

Race Day \$30

Registration for BOTH Events(1 T-Shirt):

\$30

\$40

\$25

\$50

Make checks to: **Homer Community Schools/Cross Country** or Register online at **runsignup.com**

Mail to: Homer Cross Country
3941 27 Mile Road
Homer, MI 49245

Proceeds will be entered into Homer Cross Country funds for equipment and coaching stipends as well as the Homer Festival Fireworks.

Please circle event: Walk Run Tri Individual Tri-Team T-Shirt Size: S M L XL

5K Participant, Tri Individual or Tri-Team Participant #1

Last Name MI First Age at Race Sex

Address City State Zip Phone Number

Tri-Team Participant #2

Last Name MI First Age at Race Sex

Address City State Zip Phone Number

WAIVER: I understand that running/walking, biking and paddling is a potential hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with this event including, but not limited to falls, contact with other participants, the effects of the weather, including icy conditions/extreme cold, traffic and the conditions of the road, all such risks being known and appreciated by me. I waive any rights I have against Homer High School and the Varsity Cross Country program, officials, and volunteers for damage or injuries occasioned by my participation in this event.

Athlete's Signature

Date

Parent or Guardian's Signature

Date