

CLIFF HANGER RUN

5K | 8K



Saturday, October 8th 2016 10AM

www.cliffhangerrun.com

Name _____
 First _____ Last _____

Circle your race 5K 8K Gender (circle) Male Female

e-mail _____

Phone _____ Age on Race Day _____

Address _____

City _____ State _____ Zip _____

Are you on a team? Yes No If so, team name _____

Shirt Size (circle) Men's S M L XL XXL Women's S M L XL Youth S M LG

Shirts are not guaranteed for registrations after Sept 15 2016

Kansas City Track Club's Cliff Hanger Run provides free entries, running shoes and incentives to kids who would otherwise not have a running opportunity. Each youth runner completes a training program leading up to Cliff Hanger Run and race day is their celebration. The runner you sponsor receives a race shirt, medal, goodie bag and transportation to the race. You will receive a Kansas City Track Club logo item. Please sponsor a youth program runner.

Donation to Cliff Hanger Charity: Northeast Neighbor To Neighbor \$ _____

Registration		Individual	Team (per runner)	
	Through Sept 7 th	\$30.00	\$28.00	
	Sept 8th through Oct 6 th	\$35.00	\$33.00	
	At Packet Pick up & Race day	\$40.00	\$38.00	\$ _____
	Kids 12 and under		\$12.00	
	Youth Program Sponsorship		\$12.00	\$ _____

Make checks payable to: Kansas City Track Club Total Amount \$ _____

WAIVER: I know that running and volunteering in running events are potentially hazardous activities. I assume all risk associated with these activities. I hereby waive and release, for myself and anyone entitled to act on my behalf, the Kansas City Track Club, the Road Runners of America, Gladstone School, Kansas City Parks and Recreation, Race Day Timing Solutions and all sponsors, charities and race officials from all claims of any kind arising out of my participation in this event. I understand that running with a pet, headphones, roller blades, bicycles, skateboards are not allowed and that strollers must walk and stay at the rear of the pack.

Signature _____ Date _____

(Signature of parent of guardian if under 18)

Please use a separate form for each entrant.
 Mail to: Kansas City Track Club, 208 W 79th Kansas City, MO 64114