



# SUMMER SIZZLER 5k

Johnson County Community College

June 30, 2007

9:00 p.m.

**Course:**

5k night race on JCCC outer campus drive finishing on the track. Flat, marked every mile and every kilometer.

**Awards:**

Overall Men's and Women's Winners  
Top five in ten year age groups

**Team Competition:**

HS Boy's & Girl's (18-under)

Men's & Women's Open

Men's & Women's Masters (40 & over)

\*Teams must mail entry forms together before race day. (\$20.00 per team member)

\*Top three per team score, based on total time.

\*Runners on teams are still eligible for individual awards.

\*High school runners can not represent their respective high schools.

**Registration Fee Includes:**

Short sleeve t-shirt, post race refreshments

**Packet Pick-up:**

June 29, 2007

4:00 p.m. to 7:00 p.m.

Garry Gribble's Running Sport's

1908 W. 119th Street

Overland Park, KS 66213

**June 30, 2007**

JCCC Gym Lower Level

7:00 p.m. to 8:45 p.m.

9:00 p.m. Start of race

**Registration Fee:**

\$20.00 until June 15, 2007

\$22.50 June 15, 2007 to race day

\$25.00 race day (no-team entries on race day)

**Checks Payable to:**

Mike Bloemker

PO Box 861068

Shawnee, Kansas 66286

Runners can also register on Active.com

BandBrace.com

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## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Gender: Male/Female

Email: \_\_\_\_\_ Phone # \_\_\_\_\_

Team Name \_\_\_\_\_

Adult Shirt Size: S M L XL

**Waiver/Release**

I know that participation in a road race is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the race. I assume all risk associated with participation in this event, including but not limited to, falls, contact with other participants, and effects of weather, traffic, and road conditions. Having read this waiver, knowing these facts and in consideration of our accepting my entry, I, for myself and anyone entitled to act on my behalf, waive, release and covenant not to sue Garry Gribble Running Sports, Michael Bloemker, Katherine Bloemker, B & B race, Road Runners Club of America, USA Track and Field, Race Officials, Sponsors or Volunteers, their representatives, successors, or assignees from any and all claims or liabilities of any kind arising out of or in connection with my participation in this event. Including without limitation, claim or liability resulting from those matters described in this paragraph. This release and waiver extends to all claims of any kind or nature whether foreseen known or unknown. The undersigned further grants full permission to Gribble Running Sports, Michael Bloemker, Katherine Bloemker, B & B race to use any photographs, video tapes, motion picture, recording, or any other record of this event for any purpose. I agree not to wear headsets, roller blades, or skates during this 5k event. I agree not to bring baby strollers or dogs onto the race course.

\_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_

Signature of Guardian if under 18 years of age