

*We run...we run against rage... we run against child abuse... we
run against spousal/partner abuse... we run against elderly & the
vulnerable abuse*

7th Annual 5K Run Against Rage

HARLAN, KENTUCKY

Sponsored by: The Family Life Abuse Center and Harlan County Domestic Violence Council

9:00 am Saturday; May 17, 2014

DATE/TIME/PLACE: Saturday morning, May 17. 9:00 a.m. Starts in front of Harlan High School, Central St., in downtown Harlan. **COURSE DESCRIPTION:** Level paved streets located in historical downtown Harlan. The course begins on Central St. with a right turn onto N. Main. The course continues to the historical coal monument which participants will "round" and follow the same course back to Harlan High School.

REGISTRATION AND FEES: Runner and walkers may pre-register or sign up the morning of the race from 7:00 a.m. to 8:00 a.m. in front of Harlan High School. Registration fee **\$25.00**. Late registration including day of the race: \$30.00. Packet pick-up on the day of the run.

Fastest Kid in Town runners pre-registration fee **\$15.00**. Late registration including day of race, **\$15.00**.

T-SHIRTS/MEDALS: Quality short sleeve T-shirt and finisher medal. Only pre-registered (Registration fee must be paid by May 5) runners and walkers guaranteed to receive shirts on race day. Late and race day registrants, as supplies last or at a later date.

AWARDS: Runners Event: Awards will be presented for top, 1st Masters (40+) male and female, 1st Grandmasters (50+) male and female. Other awards three deep in the following age divisions, male & female: 14-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69 and 70+. Walkers Event: Awards will be presented the same as the runners divisions. Fastest Kid in Town: Awards three deep in the following divisions male and female: 5-7, 7-9, 10-13. A special award for the runner having traveled the farthest to the race!

POST RACE CELEBRATION: Awards ceremony will be held immediately following the events. Refreshments, awards and door prizes to be given away immediately following the run.

RESULTS & RACE EVALUATION FORMS: Registration forms and results will be posted on the [Harlan County Domestic Violence Council](http://www.harlandv.org) web site @ www.hcdvc.org

FOR MORE INFORMATION: Contact Race Director Sheryl Caudel @ 606) 392-1129 or Fastest Kid in Town Director, Julie Jackson @ [juliejackson1771@ att.net](mailto:juliejackson1771@att.net)

OFFICIAL 2014 *Run Against Rage* ENTRY FORM

Race Number: _____

Name:

Last: _____ First: _____ Sex (circle one): Male Female

Age (as of 05/03/2012): _____ Birth date: m. ____ d. ____ y. ____ T-shirt Size (circle one): S M L XL

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (____) ____ - _____ Email Address: _____

In case of emergency, call: _____ at phone: _____ Estimated Finish Time: _____

Fill out completely and mail with entry fee to:

The Harlan County Domestic Violence Council

P.O. Box 1672, Harlan, KY 40831

Make Checks Payable to: HCDVC or

The Harlan County Domestic Violence Council (No Refunds)

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We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive toward volunteers. Due to insurance regulations, no roller blades, strollers, bicycles, dogs on the course. Use of headsets or earphones are discouraged.

ATHLETE'S RELEASE PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

I know that running in races are potentially hazardous activities. I should not enter and run in the Run Against Rage 5K Run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants, wildlife encounters, the effects of weather, including high heat or humidity, ice and snow, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release THE FAMILY LIFE ABUSE CENTER and THE HARLAN COUNTY DOMESTIC VIOLENCE COUNCIL, any and all member thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Athlete's Signature (If under 18, parent's signature)

Date