



Saturday, November 27 @ 9:00am CrossFit Springfield

1900 W. Sunset, Bldg. A, Ste. 112 / Springfield, MO

Not your average 5K Run!

CrossFit-Style movements incorporated every 1,000 meters. The CrossFit sponsored "5K Gone Bad" promises to be a fun, safe and exciting new challenge for everyone from beginners to seasoned fitness enthusiasts. Visit crossfit-springfield.com for more information.

BENEFITING THE
Wistrom
FAMILY FOUNDATION



Post race will feature awesome food, silent auction, cool awards, and more!

Registration: Non-refundable fee. \$30 preregistration no later than Friday, November 12th, after that \$35 by November 22nd. **Fill out registration and drop it by Ridgerunner Sports OR online at ozarkraces.com. No race day registration.** Make checks payable to Wistrom Family Foundation.

Location: Crossfit-Springfield (corner of Kansas Expressway & Sunset) 1900 W. Sunset, Bldg. A, Ste. 112.

The Course: Two loops. Race begins and ends in Crossfit-Springfield back lot.

Packet Pickup & Start Time: Packet pickup at 8:00am, pre-race briefing at 8:30am, first heat starts at 9:00am.

T-shirts: All participants will receive high quality t-shirts. Please register prior to November 12th, 2010 to help in ordering shirts.

Awards: M/F Overall Rx'd, M/F Master's Overall (scaled and Rx'd)

1st-3rd place age groups 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Race Director: Jen Cochran, Phone: (417) 425-3427. Email at jennifer583@centurytel.net.

Preview course and the movement standards online at: www.crossfit-springfield.com, click on link to 5K Gone Bad.

Name: _____ Gender: M F

Address: _____ City _____ State _____ Zip _____

Email: _____ Phone _____

Age on race day: _____ Average 5K pace _____ T-shirt size: (circle one) SM MED LG XL XXL

I know that participating in a 5K run is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I assume all risks from participating in this event and its related activities including, but not limited to: falls; contact with other participants; effects of the weather, including high heat, humidity, precipitation, traffic and the conditions of the road; all such risks being known and appreciated by me. Having read this waiver and release and knowing these facts and in consideration of your accepting my entry fee and participation, I, for myself and anyone entitled to act on my behalf, waive and release CrossFit Springfield, Sam's Club, Employee Benefit Design, U.S. Marine Corp, Q102, Jay's Custom Smokers, Great White Graftix, race officials, volunteers, sponsors and their respective affiliates, principals, directors, officers, employees or contractors of and from all claims, liabilities or causes of action of any kind arising out of my participation in this event or its related activities which I or my successors, assigns or heirs may ever have now or in the future against any of them. This release and waiver extends to all claims of every kind and nature whatsoever. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any lawful purpose. Applications for minors will be accepted only with a parent's signature and all children participating in the 5K race under the age of 15 must be accompanied by an adult during the entire race. By signing below, I specify that I am in acceptable physical and medical condition to participate in this event and agree to the above waiver.

Signature _____ Parent/Guardian _____ Date: _____