

“Lead, Follow, or Get Out of the Way!”
ROTC 5K
THUNDER CHALLENGE

Saturday April 30, 2011 @ 10:00 AM
11th Annual SUU ROTC 5K

SUU ROTC 5K route is a walk/run take place on the Coal Creek trail beginning at the Trail Head at Cedar City Baseball Fields on 200 N 200 E. Race starts at 10:00 A.M. The race will be 3.1 miles and finish near the start point.

AWARDS ceremony will take place near the finish line, as soon as race results are tallied. Age groups are as follows: 13 and under, 14-19, 20-29, 30-39, 40-49, 50 and above

ENTRY FEE is **\$15.00 (\$10.00 for students)** who pre-register by the 23rd of April. **Registration after April 23rd will be \$20.00 (\$15.00 for students).** The fee, which is non-refundable, includes a race t-shirt, post-race fruit and goodies, and **prize giveaways** (must be present to win). Avoid the last minute rush! Register today!! Thank you for your support of the ROTC program.

REGISTRATION: It's easy. Register online at www.rotc.suu.edu or you can detach an entry form and give it and the fee to a member of the ROTC or bring it to the ROTC office 007 TE building in the basement or mail with fee to:

SUU ROTC 5K Registration
c/o SUU ROTC (Technology BLDG)
351 West University BLVD
Cedar City, UT 84720

Day of race registration will be available between
8:30-9:30 AM near the start point.
Checks payable to SUU ROTC

A physical examination is not required to run the ROTC 5K. All competitors participate at their own risk. If in doubt as to your physical condition to engage in an event as strenuous as a 5K, it is strongly recommended that you seek the advice of a competent physician and abide his advice. All persons under 18 years of age must have written consent of a parent or legal guardian to compete in the 5K race. **T-shirts are not guaranteed to competitors who register after April 23rd.**

Name: _____ Birth Date: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____ Email: _____

SUU Student: Yes No T-shirt size: YS YM YL S M L XL XXL Sex: Male Female

In consideration to the privilege granted me of participating in the ROTC 5K race and for the good and valuable consideration, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators, and assignees, waive and release any and all rights and claims I may have against Cedar City, SUU ROTC, their agents, representatives, successors, or assignees for any and all injuries, ailments or other consequences suffered by me in the 5K race.

Signature

Parent/Guardian Signature