



Camp Ohio Adventure

5k Trail Run/Walk/Ruck

November 11, 2023

A fun time is to be had by all on November 11, 2023 in the beautiful hills of 4-H Camp Ohio in St. Louisville, OH. Wind your way past the wetlands and campfire then along the snake trail for a sprint to the top of Vesper's Hill. Meander past the shooting range and pond where you'll head back to main camp for the finish. All proceeds this year go toward camp programming and improvements. After the race we will hold an Awards Ceremony in the dining hall with an optional lunch immediately following.

Location: 4-H Camp Ohio, 11461 Camp Ohio Road, St. Louisville, OH 43071

Registration: Pre-register online at www.campohioadventure.com or fill out this form and mail it to Camp Ohio Adventure, 11461 Camp Ohio Road, St. Louisville, OH 43071. Race day registration will be available in the Rec Hall at 9:00 am.

Entry Fees: Pre-registration by October 20 17 & Under \$25
Lunch \$15 per person 18 & Up \$35

Race Time: Check-in will start at 9:00 am. The race will start at 10:00 am.

Awards: Medals will be awarded to the first 3 overall finishers and the top 3 men and women in 6 age categories, along with prizes for the littles.

T-Shirts: Quick dry t-shirts will be guaranteed to all participants registered by October 20, 2023. Those registered after October 20, 2023 will NOT be guaranteed a t-shirt.

Name: _____ Age: _____ Gender: M/F

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ Run/Walk _____ or Ruck _____ (Please choose one)

T-shirt size: Adult: S M L XL XXL Youth: S M L

Fees: \$ _____ pre-registered race participant

\$ _____ = number of persons attending lunch _____ X \$15 per person

\$ _____ **Total fees enclosed**

Please make checks payable to 4-H Camp Ohio. Credit card payments can be accepted online (must add 2.9% fee).

Waiver: **MUST BE SIGNED TO PARTICIPATE**

I know that participating in a race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, animals, the effects of weather, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself, my heirs, executors, administrators, and anyone entitled to act on my behalf waive and release Camp Ohio, their employees, event officials, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating even though said liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. **ENTRIES CANNOT BE ACCEPTED WITHOUT A VALID SIGNATURE! PERSONS REGISTERING ONLINE WILL BE REQUIRED TO SIGN ON DAY OF RACE. NO REFUNDS WILL BE GIVEN. ALL CHILDREN NEED TO BE ACCOMPANIED BY AN ADULT!**

Signature: _____ Date: _____

PARENT OR LEGAL GUARDIAN'S SIGNATURE REQUIRED IF PARTICIPANT IS UNDER 18 YEARS OF AGE

