



Date: April 26, 2014

Time: 9:00 A.M. Race Start

Registration: Please, if possible, register prior to the day of the race with the form below or at covenant.edu. Race-day registration and packet pick-up will begin at 7:30 AM the morning of the race.

Course: The 5k (3.1 mile) course will start in the Shadowlands parking lot and will be an out and back with a loop in the middle on the cross country trails. It will finish in the Shadowlands athletic field.

Parking: Shadowlands Lot and Baseball Field Lot

Cost: Covenant Student No Shirt- Free, Covenant Student w/ Shirt- \$5, Non Covenant Student - \$10 Includes Shirt

Awards: Awards will be given to the top three male and female overall finishers.

Other: Please direct any questions regarding the race or registration to Coach Katie Stanford, 770.845.7278 or katie.stanford@covenant.edu

Please return Scots Trot registration forms to:

Scots Trot 5k c/o Katie Stanford, Intramural Office, Covenant College
14049 Scenic Highway, Lookout Mountain, GA 30750

2014 Scots Trot 5k

Name _____ Gender _____ Age on race day _____

Address _____

City _____ State _____ Zip Code _____

Email _____

Dry fit shirt size: WS WM WL WXL W2XL or MS MM ML MXL M2XL M3XL

Student Y or N | Alumni: Y or N | Faculty Staff: Y or N **Total Enclosed \$** _____

RELEASE AND WAIVER OF LEGAL RIGHTS

You understand that participation in the event is potentially hazardous, and that a registered party should not participate unless they are medically able and properly trained. You understand that events may be held over public roads and facilities open to the public during the event and upon which hazards are to be expected. Participation carries with it certain inherent risks that cannot be eliminated completely ranging from minor injuries to catastrophic injuries including death. you understand and agree that in consideration of being permitted to participate in the event, you and any registered party, the heirs, personal representatives or assigns of you or the registered party do hereby release, waive, discharge and covenant not to sue active for any and all liability from any and all claims arising from participation in the event by you or any registered party.

Signed

Date

Parent or Guardian (if under 18)