



11th annual  
**Livingston  
LEAP**

**September 5-19, 2020**

Proceeds benefit the Livingston Homecoming Committee

Your Countywide Stride race team wants to make sure everyone is safe and keeping social distance during the COVID-19 outbreak, so the Livingston Leap 5K will be virtual. To participate, register as you normally would, and you'll have from Sept. 5 until Sept. 19 to complete your 5K run or walk at time and place of your choosing.

Post your selfie on the County-wide Stride Facebook wall and use hashtag **#LivingstonLeap20**. (Remember, it is not recommended to run with those outside your household.)

- \$20 pre-registration fee (**Deadline Friday, September 4**)
- Free **dri-fit** t-shirt will be mailed to participants.
- Register on-line at [rockcastleregional.org/countywide-stride/livingston-leap](http://rockcastleregional.org/countywide-stride/livingston-leap)

**Questions/Information**

- Contact Kayla Prewitt at (606) 256-7767 or e-mail [k.prewitt@hrcc.org](mailto:k.prewitt@hrcc.org)

Race 9 of 13 in the 2020 County-Wide Stride Series



[www.rockcastleregional.org](http://www.rockcastleregional.org)



**LIVINGSTON LEAP 5K • REGISTRATION FORM**

(Please Print Clearly)

Run:  Walk:

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F

Shirt: UNISEX: YM YL XS S M L XL 2X (add \$2) 3X (add \$3)  
LADIES Size: XS S M L XL 2X(add \$2) 3X(add \$3)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

E-mail: \_\_\_\_\_

First time participating in an organized run/walk? Yes No

How did you hear about this event?  Newspaper  Friend  On-line Race Calendar  Social Media  Strides Magazine  Other \_\_\_\_\_

**Amount Enclosed (check one)**

Pre-Registration (must be received by Friday Sept. 4)  \$20.00

**Rockcastle Regional Employee Discounts:**

Pre-Registration (must be received by Friday Sept. 4)  \$10.00

**Make Checks Payable to:** Rockcastle Regional Hospital

**Send form and payment to:** Attn. Kayla Prewitt, Rockcastle Regional, P.O. Box 1310, Mt. Vernon, KY 40456 (Fees are non-refundable)

**WAIVER**

PLEASE READ CAREFULLY: Release and indemnity agreement – Running and/or walking a distance race is a potentially hazardous activity. I should not enter and participate unless I am medically and physically able, and properly trained. In consideration of entering this run/walk event, and intending to be legally bound, I do release and waive for myself and for my heirs, executors, and administrators (and for my child as its legal guardian) and claims for damages and liabilities of any kind arising out of my participation in the event against all persons, entities, and agencies involved with promoting and running the event, including Rockcastle Regional Hospital and Respiratory Care Center, City of Livingston, and all Sponsors. I hereby release all publication rights of any photographs or video taken at this event to Rockcastle Regional Hospital and Respiratory Care Center for print and Website publication and/or advertising and social media. By signing below, I indicate that I agree to abide by this agreement and acknowledge that I ASSUME ALL RISK ASSOCIATED WITH PARTICIPATING IN THIS EVENT.

Participant(s) Signature (Or parent's signature if under 18) \_\_\_\_\_ Date: \_\_\_\_\_