

Jeff McGowan Memorial Virtual 5K

**In Memory of Jeff McGowan and Mark
Dempsey**

Sunday, August 9th

For the safety of everyone this year's event will be a Virtual 5K Run/Walk. Registering for the Virtual 5K will enable you to pick up your t-shirt, and finisher pint glass at Columbus Running Company's Short North location during early packet pickup times (see below). If you or a friend doesn't pick up your race packet your t-shirt will be mailed to you two weeks after the event (sorry your pint glass will not be mailed).

Entry fee: \$20 by July 28th, \$25 after until August 5th, \$30 after.

Register in person and or pickup race packets August 6th, 7th, 8th or 9th at:
Columbus Running Company, 765 N. High St – Suite B, Columbus, OH
43215

Register online at: **HYPERLINK "https://runsignup.com/
jeffmcgowan5k" <https://runsignup.com/jeffmcgowan5k>**

Make Checks Payable to: RUNOHIO and Return entry form to:

Andy Harris, 6465 Perimeter Dr., Dublin, OH 43016

Mail-in entries must be postmarked by July 27th!

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Please print and complete all sections – must be complete

Name _____ Sex: ___ Male ___ Female

Email address _____ Shirt size (circle one): Small Medium Large
X-Large

Address _____ Age as of 8-09-20 _____

City _____ State _____ Zip Code _____

Waiver and Release: In consideration of the acceptance of the entry, I waive for myself and my heirs and all claims for damages against the sponsors of the Jeff McGowan Memorial 5K and all race officials and volunteers for injuries received during and as a result of this event. I certify that I am physically fit and sufficiently prepared myself for this event.

Signature _____ Date _____
(Parental signature if under 18 years old)