

# Jeff McGowan Memorial 5K

## In Memory of Jeff McGowan and Mark Dempsey

### Sunday, August 1<sup>st</sup>

At this time we hope to offer an in person 5K Run at the Scioto Audubon - Metro Park and a Virtual 5K Run/Walk and a 1 Mile Virtual Run/Walk. Join the Columbus Running Company and RUNOHIO for this eighth annual event in memory of Jeff McGowan and Mark Dempsey.

In person 5K Runners can pick up their race number and t-shirt early at the Short North Columbus Running Company store or at race site on race day. Virtual 5K Run/Walk or 1 Mile Run/Walk athletes can also pick up their race number, t-shirt and finisher pint glass at Columbus Running Company's Short North location during early packet pickup times. If you or a friend are unable to pick up your race packet, It will mailed to you two weeks after the event. Unfortunately, due to shipping limitations, pint glasses will not be included.

If in person races are not allowed by July 15 all entrants will be converted to a virtual event.

**Entry fee: \$20 by July 12th, \$25 after until July 27, \$30 after**

Register in person and or pickup race packets July 28, 29, 30 or 31 at:  
Columbus Running Company, 765 N. High St – Suite B, Columbus, OH 43215

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

**Make Checks Payable to: RUNOHIO and Return entry form by July20th to:  
Andy Harris, 6465 Perimeter Dr., Dublin, OH 43016**

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## Jeff McGowan Memorial 5K – Sunday, August 1

Please print and complete all sections – Run starts at Scioto Audubon - Metro Park climbing wall

Name \_\_\_\_\_ Sex: \_\_\_ Male \_\_\_ Female

Circle One: 5K Run    5K Virtual Run/Walk    1 Mile Virtual Run/Walk

Email address \_\_\_\_\_ Shirt size (Circle One): Small    Medium    Large  
X-Large

Address \_\_\_\_\_ Age as of 08-01-2021 \_\_\_\_\_

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)