

The Tamworth Outing Club Presents  
Ordination Rock Run  
Family Fun Run 5k  
July 4, 2023 8:00 AM

Start Tamworth Family Day off on the right foot!

Tamworth's Ordination Rock Run is a fun, family-oriented local Independence Day tradition. Bring your friends and family and join the Tamworth Outing Club at this energizing way to warm up your Family Fun Day Spirit before the town parade and Family Fun Fair!

All proceeds from this event will go to support the Tamworth Outing Club's (TOC) key outdoor and educational programs. Check out everything we do at the TOC and please remember - we need your help to keep this club running and providing for the community!

#### **POST RUN FUN**

Ice cream and watermelon will be available as soon as our first finisher arrives at Kenneth Brett. The bib raffle will be held at approximately 9:30 am.

Raffle Rules: Your run bib number is your raffle entry. If your number is called, you win! You must be present to win.

#### **VOLUNTEERS NEEDED!**

Great events don't happen without a great team and our volunteers are the heart and soul of this (and every) running event. Sign up to volunteer using this form or contact [RaceDirector@OrdinationRockRun.com](mailto:RaceDirector@OrdinationRockRun.com)

**See [OrdinationRockRun.com](http://OrdinationRockRun.com)  
for more details!**

Mail completed form to: Tamworth Outing Club P.O. Box 311 Tamworth, NH 03886

#### **REGISTRATION**

[www.OrdinationRockRun.com](http://www.OrdinationRockRun.com)

or this form

#### **RACE DETAILS**

##### PACKET PICKUP AND FINISH

Kenneth Brett School, 881 Tamworth Road  
Tamworth, NH 03886

##### START LINE

Ordination Rock, Cleveland Hill Rd #255  
Tamworth, NH 03886

##### DISTANCE

5k (3.1M)

##### COST

By donation. We request a donation of \$20 for individuals; family groups choose a rate that works for your family. Donations can be made at [TamworthOutingClub.com](http://TamworthOutingClub.com) or on race day

##### SCHEDULE

7:00-7:45 AM Bib Pickup at KBS

7:10-7:45 AM Volunteer Transport to Start

LAST TRANSPORT DEPARTS 7:45 AM SHARP!

7:55 AM Pre-Race Announcements

8:00 AM 5k Fun Run Begins!

8:30-10:00 AM Post Race Fun!

# REGISTRATION

First Name \_\_\_\_\_

Run/Walk

Volunteer

Last Name \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_

Gender  Male  Female  Other

Phone \_\_\_\_\_

Address \_\_\_\_\_

Emergency Contact  
Name and Phone # \_\_\_\_\_

## PARTICIPANT WAIVER OF LIABILITY

I know that running Ordination Rock Run a road and trail race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, roller skates or inline skates, animals, and personal music players are not allowed in the race, and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tamworth Outing Club, Ordination Rock Run, all race volunteers, Remick Country Doctor Museum and Farm, the Kenneth Brett School, SAU 13, the city of Tamworth, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is canceled before or during the event.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Signature if under 18 years: \_\_\_\_\_

Date: \_\_\_\_\_

Mail completed form to: Tamworth Outing Club P.O. Box 311 Tamworth, NH 03886