

HOT CHOCOLATE 5K

December 16, 2023

9 am

Start & finish at Capital Mall

(Dillard's parking lot)



SPONSORED BY CCHS CROSS COUNTRY

Name: _____ Phone (____) _____ - _____

Address _____ City _____ State _____ Zip _____

Age _____ Male/Female _____

Which Race? 5K run – some walking allowed.

5K walk – no running allowed!!!

Shirt size: XXL XL L M S

Register on-line at [Capitol City Hot Chocolate 5K – Jefferson City Roadrunners \(runjeffcity.org\)](https://runjeffcity.org) or mail this form with check payable to CCHS Cross country

\$25 adult, \$20 jcrrc members, \$15 child (15 and under)

Mail to: Capital City High School/Cross Country
1650 Cavalier Drive, 65109 JC

You can also register the morning of the event.

RELEASE: In the consideration of the acceptance of my entry, I, for myself, my administrators, executors and assignees, do hereby release, and discharge Capital City High School and all other sponsors for all claims of damages, demands and actions, whatsoever arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and trained for this event.

Signature of entrant _____ Date _____
(parent's signature if under 18 years of age)