

Registration Form

Join the Butler County Health Department for a 6-week beginner course in running. The program's mission is to help participants achieve the goal of running 3.1 miles. Training begins October 24 and ends December 3 with the 2022 Egnog Jog 5K Run!

- Kickoff will be held at 5:30pm on Monday, October 24, at Hendrickson Park.
- Group runs will be held each Wednesday during the program. Times are TBD.
- Participants will be provided a self-guided workout plan.

Online registration also available at pbparks.org.

Name: _____

Email: _____

Phone: _____

Shirt size (circle one): Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large Adult X-Large Adult XX-Large

I would like to participate in the Holliday Couch to 5K ☐ Egnog Jog 5K ☐ Both events ☐

Egnog Jog 5K 2022 will be held Saturday, December 3 at Hendrickson Park. Registration starts at 8am with jog beginning at 9am. Medals for overall male and female runners.

Waiver:

I the undersigned assume full and complete responsibility for any injury or accident, which may occur during my participation in the event or while I am on the premises of the event. I hereby release and hold harmless Poplar Bluff Parks and Recreation, City of Poplar Bluff, Butler County Health Department and all other persons and entities associated with the event or their agents or employees, or otherwise. I will not enter and participate unless medically and properly trained. I assume the risk associated with this event, including but not limited to falls, contact with participants, the effects of weather, and the conditions of the trail, all such risks being known and appreciated by me. I further grant my permission to use any photographs, videotape, motion pictures, recordings or any other record of this event.

I have read the forgoing and certify my agreement.

Signature _____ Date _____



For more information, contact
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