

JAC JOG

Supporting the work of Access, Inc., the Jogging for Access (JAC JOG) race will raise funds for programs and vehicle needs.

Race Information

- August 24th, 2019 in Hampton, IA
- Race start times: 10K & 5K-8:00 am; Kids Fun Run- 9:30 am
- Race starts and ends by the historical Franklin County Courthouse
- Race feature's Hampton's beautiful Rolling Prairie Trail
- Lion's Club will offer a pancake breakfast
- Race entry fee \$25: By August 9th includes t-shirt; after Aug. 9th no t-shirt; \$30 day of race and no t-shirt
- Checks payable to JAC JOG

Mail to: PO Box 121 Hampton, IA 50441

Registration Form

First name: _____
Last name: _____
Age on 8/24/2019: _____ Gender: Male Female
Email: _____ Phone: _____
Street address: _____
City: _____ State: _____ Zip: _____

Select Race:

10K Run 5K Run Kids Fun Run

T-shirt size: (Pre-register by August 9th to guarantee a race t-shirt)

XS S M L XL XXL Youth S M L

Waiver

As a participant in the JAC JOG, I have read and agree to the following: In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executor, administrator, waive any rights and claims for damages I may have against Bodyworks and individuals or groups associated with this event, their agents, assigns representatives, successors for any and all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved and am physically fit and sufficiently trained to take part in this event. I also give permission for the free use of my likeness or picture for publicity or solicitation.

By checking this box, I agree to the waiver above

Signature (parent/guardian if under 18): _____ Date: _____