



13th annual  
**Livingston  
LEAP**

**Saturday, September 3, 2022**

Join us for the 13th annual Livingston Leap! This event benefits the Livingston Homecoming Committee. Livingston, KY, one of Kentucky's few designated "Trailtowns," is located in the heart of Daniel Boone National Forest.

**In-person Event Details**

- 5K Run/2-Mile Walk begins at 8:00 a.m. in downtown Livingston, KY.
- Event will be chip-timed.
- Packet pickup is open 7:00 - 7:50 a.m.
- \$20 pre-registration fee, deadline Friday, August 26 at 12:00 Noon. (After July 9, cost is \$25 through race day).
- Participants will receive a custom race t-shirt. (Please Note: Shirt NOT guaranteed after pre-registration deadline).
- Awards: Overall male and female race winner; Top three male and female runners in each of the following age groups: 14-under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80+; Top three fastest male and female walkers

**Virtual Event Details**

- \$20 registration fee, deadline August 26 at 12:00 Noon (Shipping add on \$7, or schedule a pickup time)
- Participants will receive a custom race t-shirt.
- Complete your run/walk and post results on-line between Sept. 3-17.

**Questions/Information**

- Chelsea Dillingham at (606) 256-7767 or c.dillingham@rhrc.org.

Race 9 of 13 in the 2022 County-Wide Stride Series



**LIVINGSTON LEAP 5K • REGISTRATION FORM**

(Please Print Clearly)

**In-Person**– Run:  Walk:       **Virtual**– Run:  Walk:

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F

Shirt: UNISEX: YM YL XS S M L XL 2X (add \$2) 3X (add \$3)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

E-mail: \_\_\_\_\_

First time participating in an organized run/walk? Yes No

How did you hear about this event?  Newspaper  Friend  On-line Race Calendar  Social Media  Strides Magazine  Other \_\_\_\_\_

**Amount Enclosed (check one)**

Pre-Registration (must be received by Friday, August 26)  \$20.00

**Rockcastle Regional Employee Discounts:**

Pre-Registration (must be received by Friday, August 26)  \$10.00

**Make Checks Payable to:** Rockcastle Regional Hospital

**Send form and payment to:** Attn. Chelsea Dillingham, Rockcastle Regional, P.O. Box 1310, Mt. Vernon, KY 40456 (Fees are non-refundable)

**WAIVER**

PLEASE READ CAREFULLY: Release and indemnity agreement – Running and/or walking a distance race is a potentially hazardous activity. I should not enter and participate unless I am medically and physically able, and properly trained. In consideration of entering this run/walk event, and intending to be legally bound, I do release and waive for myself and for my heirs, executors, and administrators (and for my child as its legal guardian) and claims for damages and liabilities of any kind arising out of my participation in the event against all persons, entities, and agencies involved with promoting and running the event, including Rockcastle Regional Hospital and Respiratory Care Center, City of Livingston, and all Sponsors. I hereby release all publication rights of any photographs or video taken at this event to Rockcastle Regional Hospital and Respiratory Care Center for print and Website publication and/or advertising and social media. By signing below, I indicate that I agree to abide by this agreement and acknowledge that I ASSUME ALL RISK ASSOCIATED WITH PARTICIPATING IN THIS EVENT.

\_\_\_\_\_  
Participant(s) Signature (Or parent's signature if under 18)      Date: \_\_\_\_\_