



5K Challenge course for adults and children ages 13+

Children 12 and under must run with an adult

Conquer obstacles, run through the woods, scale a wall, cross a creek

# Wild Rumpus Extreme Trail Run

## Saturday, October 7 • 9:30 AM

## Registration: 9 AM

JCC Family Park • 261 Rosecrest Drive • Monroeville 15146

Registered participants receive a shirt and a crown for finishing. **Pre-register by September 20 to ensure a shirt the day of the race.** Children of all ages are welcome to watch and cheer; a "small kids" obstacle course will be open for all to rumpus in.

**Personal training clients:** Register on your trainer's team for a \$10 discount. Trainer name \_\_\_\_\_

**Registration:** Return to Laurie Wood, lwood@jccpgh.org

Name \_\_\_\_\_ Age \_\_\_\_\_  M  F

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_ Today's Date \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Membership # \_\_\_\_\_ Exp. date \_\_\_\_\_

T-shirt size:  Adult  S  M  L  XL  Child  L

I would like to make a donation to the Humane Animal Rescue \$ \_\_\_\_\_

Please charge my:  Visa  Mastercard  AMEX

Amount enclosed \$ \_\_\_\_\_ Account # \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Please make checks payable to the Jewish Community Center and return to:  
Jewish Community Center of Greater Pittsburgh • Attn: Laurie Wood  
5738 Forbes Ave., Pittsburgh, PA 15217

*In consideration of the JCC accepting this entry, I hereby for myself, my heirs, executors and administrators, release any and all claims and rights or damages I may have against the organizers, JCC staff and sponsors of the JCC Wild Rumpus Race, for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and that a licensed medical doctor has certified my physical condition. Furthermore, I hereby grant full permission to any and all of the foregoing to use my name, photographs, videotapes, motion pictures, recordings and any other record of this event for any legitimate purpose without charge.*

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

### Register Early and Save

**Family Fun Rate: \$50**  
One price for your entire family! Please fill out a form for each participant.

#### By September 15

Age 13+ \$25

#### By September 30

Age 13+ \$35

#### By October 1-6

Age 13+ \$40

#### Day of Race October 7

Age 13+ \$45

Family Rate \$60

