

# 18th Annual KENT CITY RIDGE RUN 15K/5K

Saturday, March 23, 2024  
9:20 am–15K; 9:30 am–5K  
Kent City High School

- Courses have paved roads, rolling hills, aid stations, and downhill finishes.
- Soft short-sleeved kiwi colored shirts to pre-registered runners. First come first served.
- Locker rooms available.
- Proceeds benefit the Kent City running programs (XC, T&F, Girls on the Run), Howard Christensen Nature Center, & the American Cancer Society
- Both runs will have food available in the cafeteria following the races.
- Overall, masters, and grand masters awards.
- Choice of awards in 5 year age groups.



For more information, including results, all-time records, maps, and photos: [www.facebook.com/KentCityRidgeRun](https://www.facebook.com/KentCityRidgeRun)  
OR [www.kentcityschools.org/highschool/communications/kent-city-ridge-run](http://www.kentcityschools.org/highschool/communications/kent-city-ridge-run)

**ONLINE pre-registration** before 2/1: **\$25** Between 2/1-2/29: **\$28**  
Between 3/1-3/18: **\$32** Between 3/19-3/23: **\$35**

<https://runsignup.com/Race/MI/KentCity/12thAnnualKentCityRidgeRun>

There are discounts for youth, seniors, and those not wanting a shirt.

Family rate (must be 3+ from same address–parent & kids–includes shirts): \$22 each by 3/1

**MAIL-IN option: \$30** by March 1

Send this bottom portion to: Kent City Ridge Run; 2900 19 Mile Rd.; Kent City, MI 49330  
Make check payable to: Kent City Ridge Run

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

City \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone \_\_\_\_\_

Email address \_\_\_\_\_

Event: 15K 5K Age on 3/23 \_\_\_\_\_ DOB: \_\_\_\_\_

T-Shirt Size: S M L XL XXL (Add \$1) Youth Large Youth Medium

Signature of applicant: \_\_\_\_\_ Date \_\_\_\_\_

Legal Waiver & Signature: I hereby certify that I have carefully read, understand, and agree to the Entry Form and will be legally bound by this release (waiver). I certify that I have entered this race of my own free will. I am in a physical condition that allows me to enter this event. In consideration of the acceptance of my entry, I do, for myself, my heirs, administrators and executor waive and release, forever, any and all rights to claims and suits for damages I might accrue against Kent City High School, its principals, representatives, sponsors, volunteers, &/or beneficiaries, for any and all injuries suffered by me while traveling to, from, and while participating in the race event. Further, I certify that I am covered by my own medical insurance or, failing that, accept full responsibility for any and all expenses I may incur. My photograph, likeness, or video may be used for any legal purpose by race organizers. I have read this waiver and agree to its terms.