

# Underachiever's .5k Crawl



Saturday, October 5<sup>th</sup> 9am  
104 S. Elm Street, Downtown Hope  
Registration Fee: \$25 adults \$15 children

CALLING ALL UNDERACHIEVERS! This event is perfect for you!

Introducing the 0.5k - The Underachiever's Crawl is not your normal fun run. This event takes you across 0.31 miles - 1,640 feet - 19,685 inches. It's unlike any other run around!

The Crawl will start off with a leisurely stroll to the first stop. There, you can carb load for the "big race" with donut holes and cinnamon rolls. Don't worry, we will keep you hydrated along the way with a hot chocolate/chocolate milk station. Upon finishing this clearly physically and mentally taxing 0.5k, you'll celebrate crossing the finish line with - what else but more breakfast sweets! But don't be caught coming in first, that boo award goes to the overachiever. Keep your eye on the prize and come in last. That's how you win an underachiever's crawl!!

Only Crawlers who pre-register are guaranteed to receive a t-shirt. Crawlers who register the day of event will receive a t-shirt if supplies last. Pre-Registration ends September 20<sup>th</sup>.

Registration/check-in begins at 8:45am. Crawl time (Rain or Shine) 9am-9:30am.

## Registration Form

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

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

Shirt Size: Adult  SM  M  L  XL  2XL  3XL  4XL

I hereby certify that I am adequately fit to participate in this crawl. I, the undersigned, for myself, my personal representative, beneficiaries and heirs, agree to defend, indemnify, and hold harmless Rainbow of Challenges. I give my permission for my picture (or my minor's) and name to be used in publication as a result of this event.

Signature (guardian of minor): \_\_\_\_\_

(A parent or legal guardian must sign for all participants under age 18.)

Date: \_\_\_\_\_



2019 Underachievers Crawl

Return to ROC, P.O. Box 1540, 500 South Main, Hope AR 71802 [www.rocoh.org/domino-tournament](http://www.rocoh.org/domino-tournament)

Registration paid  yes  no

ROC Signature: \_\_\_\_\_

Date: \_\_\_\_\_