

# Lum & Abner 5K Registration Form

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Male     Female                      Age on race day: \_\_\_\_\_

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

Street address: \_\_\_\_\_

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

Choose a race to enter:

5K Run     5K Walk

T-shirt size:

XS     S     M     L     XL     XXL

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## **-Waiver**

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, and the effects of weather and conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event. Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation . The release form and waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, video tapes, motion pictures, recordings, or another record of the event for any purpose. Minors will be accepted with a parent's signature.

By checking this box, I agree to the waiver above

Signature (parent/guardian if under 18): \_\_\_\_\_

Date: MM / DD / YYYY