MOUNT HOREB FAMILY 5K RUN/WALK
GRUNDAHL PARK, MOUNT HOREB
AUGUST 3RD, 2018 | 6PM

Hosted By:

Energy health & wellness MT. HOREB Enhancing Lives

Capitol Physical Therapy

I WISH TO PARTICIPATE IN (CIRCLE ONE):

5K RUN WALK

Please write legibly:

Name_____

Address_____

City_____ State_____ Zip Code_____

Home Phone_____ Cell Phone_____

Email Address_____

Male_____ Female_____ Age on Race Day_____ Birthdate _____/_____/_____

Emergency Contact: _____ Contact Phone:_____

T-Shirt Size (circle one): ADULT SMALL ADULT MED ADULT LARGE ADULT XL ADULT XXL

Entry Fee (check one):

- ☐ Early Bird Registration (on or before July 16th): $25
- ☐ Late Registration & Day of Race Registration (after July 16th-Aug 3rd): $30

Please drop off/mail registration forms and payment to:
Energy Health & Wellness: 407 S 8th St, Mount Horeb, WI 53572
or
Capitol Physical Therapy: 1215 Springdale St, Mount Horeb, WI 53572

Kids under 10 years old are FREE (If they want race bib & timing chip, then regular price)

*** Please make all checks out to 'Energy Health and Wellness' ***Please put '5K' in memo ***
*** There are no dogs or pets allowed at this event*** ***Late registration does not guarantee t-shirt

Release and waiver (Please Read and sign)

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also 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 inconsideration 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.

_____ _____

Signature **Date**