

Elk Lake Cross Country & American Red Cross

5K Run/Walk Benefit Registration Form:

Please send form and payment to: Michael Bedell RR 5 Box 75, Montrose, PA. 18801

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____

Email
address _____

Age _____ Male _____ Female _____

Please circle your age divisions:

8-12 13-17 18-25 26-35 36-46 47+

Event Location: Elk Lake High School Cross Country Course

Event Date & Time: August 7th, 2010 at 10:30 a.m.

This event will be held rain or shine.

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 assume any 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, their representative's 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, videotapes, motion pictures, recordings, or an other record of the event for any purpose. Minors will be accepted with a parent's signature.

Signature

Date

Paid by: Check # _____ Cash _____ Accepted By: _____