

CES Dance 5K Run/Walk
October 19th, 2013 Downtown Whitesburg

Registration Form

I plan to: ___ Run ___ Walk ___ Jog

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Date of Birth ___/___/_____ Gender _____

Registration Fee: _____

Other Donations: _____

Total _____

___ Enclosed is my check for \$_____ payable to the **Cowan Dance Team**

Waiver: I hereby declare, assert and affirm that participation in CES Dance 5K Run/Walk is done having voluntarily and knowing assumed ALL RISKS involved in this Special Event. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardio-respiratory system including heart arrhythmia, heart attack, stroke, and sudden death. In consideration of acceptance of this contract allowing my participation in the above stated Special Event and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators and assigns, WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above stated Special Event, specifically City of Whitesburg, Cowan Elementary School, CES Dance Team, their respective employees, agents, representatives, successors and assigns, for any and all activities connected with the above Special Event. I also understand that I do hereby WAIVE any and all rights or benefits under the State of Kentucky Worker's Compensation laws for any injury incurred as a result of my participation in this event, including disregard of the posted route.

Print Name _____ Date _____

Signature _____ Parent/Legal Guardian must sign if
participant is under the age of 18