

# FSUCares Homecoming 5K Run/Walk

**MONDAY, NOVEMBER 11th, 2013 at 9:00 AM**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: M F

ADDRESS: \_\_\_\_\_

If you are an FSU Undergrad, what year will you graduate?

I am participating in the 5K to support:

- ☐ FSUCares  
☐ SGA  
☐ Both FSUCares and SGA

**WAIVER:** In consideration of my voluntary participation in the FSUCares Homecoming 5K Run/Walk sponsored by FSUCares on November 11<sup>th</sup>, 2013, and for other good and valuable consideration received by me, I \_\_\_\_\_ having actual knowledge and conscious appreciation of the dangers of running a road race do hereby voluntarily consent to my participation in the aforementioned race and release the Florida State University and the FSU Board of Trustees, and their agent, representatives, and employees from liability for any injury, accident, illness, property loss of damage, or any other consequence arising or resulting directly or indirectly from any participation in the race.

I know that running a road race 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 will be provided, there will be cars on the course route. I assume the risk of running in traffic. I assume any and all other risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, and the condition of the roads, all such risks known and being appreciated by me. I agree to abide by all decisions of the race officials relative to my ability to safely complete the race. I agree to not wear headsets, run with dogs, baby joggers or strollers during the race.

Furthermore, I understand as evidence by my signature, that the Florida State University does not have medical or liability insurance to cover me in the event of injury accident, illness or death, property losses, or other such occurrences in the connection with the race, and there specifically release and hold harmless the Florida State University and the FSU Board or Trustees, their agents, representatives, and employees from any and all liability in connection with the program.

\_\_\_\_\_  
SIGNATURE (PARENT SIGNATURE NEEDED IF RUNNER IS UNDER 18)

\_\_\_\_\_  
DATE

**Pre-registration** forms and checks must be received by **Thursday, November 7<sup>th</sup>, 2013** and can be mailed to:

FSUCares 5K  
**BOX G108**  
Florida State University College of Medicine  
1115 W. Call St  
Tallahassee, FL 32306-4300

**On-site registration** will be on **Monday, November 11<sup>th</sup>, 2013** from 7:00 am to 8:30 am at the main entrance to the FSU College of Medicine, 1115 W. Call St.

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|---|--|
| ___ \$15 Pre-registration with t-shirt    | ___ \$20 On-site registration with t-shirt (while supplies last) |
| ___ \$12 Pre-registration without t-shirt | ___ \$15 On-site registration without t-shirt                    |

T-shirt size (circle one): S M L XL

Checks payable to: **FSU Foundation**  
Subject line: **FSUCares**

Name of FSUCares member, if referred: \_\_\_\_\_

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Please cut along dotted line and keep this portion for your records.

## Race packet pick-up time:

**Monday, November 11th** from 7:00 am to 8:30 am at FSU College of Medicine, 1115 W. Call St.

The race will begin at the FSU College of Medicine promptly at 9:00 am on **November 11<sup>th</sup>, 2013** and end back at the College of Medicine.

For more information, please contact **Clarissa Lomonaco @ cl12g@med.fsu.edu**

