

The Lonsdale Crawl 5K: Crawl, Walk or Run Against Cancer

Registration Form

When: Saturday, October 17, 2015
Crawl, Walk and Run: 8:30am (registration – 7:30am)

Where: Lonsdale, MN 55046

REGISTRATION:

Online: <https://runsignup.com/Race/MN/Lonsdale/TheLonsdaleCrawl5K>

Mail In: The Lonsdale Crawl PO Box 227 Lonsdale, MN 55046

Make check payable to The Lonsdale Crawl

FEES: \$20 pre-registration (closes September 30, 2015)
\$25 Race-Day Sign Up

PRE-REGISTRATION GUARANTEES LONSDALE CRAWL SHIRT

*Youth may participate with adult supervision. Must submit separate form/fee. Same registration form is used for all ages.

5K
The Lonsdale Crawl



5K Registration Form

Name : _____

Address: _____

Phone Number: _____ Email: _____

Age at time of race: _____ Gender: Male Female

Adult Shirt Size: __XS__S__M__L__XL__XXL__Other

Event Participation (circle applicable):

5K Walk

5K Run

5K Crawl

Waiver and Release of Liability

I understand that my, or my minor child, or the minor child in my legal custody (collectively "my") participation in the Lonsdale Crawl 5K is at my own risk. I understand that there are risks associated with physical activity involved in the event including but not limited to possible falls, contact with other participants, effects of weather, traffic and road conditions. I agree to indemnify, defend and hold The Lonsdale Crawl organizers and the City of Lonsdale and all sponsors of events harmless from and against any and all claims, liability, judgments, fines and expenses including attorney fees and amounts paid in settlements actually and reasonably incurred in connection with any proceeding to which Lonsdale Crawl sponsors and/or the city is or at any time becomes a party to or is threatened to be made a party due to my participation in the event.

I hereby grant to the Lonsdale Crawl with respect to photographs, motion pictures, video recordings or any other record of Event in which I may be included to copyright the same in its own name or otherwise; to use, reuse, publish and republish in the same in whole or in part in conjunction with any printed matter in any and all media now or hereafter known, and for any purpose whatsoever for illustration, promotion, art, advertising and trade or any other purpose and to use my name and any statement made by me in connection therewith.

Signature _____ Date _____