



2015 Trail Trot 5K Family Fun Run/Walk

Runner/Walker Registration

Trail Trot 5K Fun Run/Walk June 18, 2015 at 7:00 pm

Deadline is June 1, 2015 to be guaranteed a t-shirt with your registration

Name: _____ DOB _____ M or F

Address _____

City _____ State _____ Zip _____

Email Address: _____ Phone Number _____

Shirt Size Adult: S M L XL XXL Youth: S M L

Event Entry: \$20 Individual \$60 Family (of 4 in the same household)

Send completed registration and payment to: 600 Graafschap Rd. Holland, MI 49423

Waiver of Liability: must be completed by all participants. Parent or legal guardians complete this form for all participants under the age of 18. As a parent or legal guardian of above child or as a participant myself, I understand that there are certain inherent risks involved in any activity. I do hereby waive, relinquish, release, discharge and hold harmless the City of Holland, the DeGraaf Nature Center, its officers, agents, employees, volunteers, contributing sponsors, and affiliate organizations from any and all liability for any physical or mental injury or aggravation of any pre-existing condition, illness, disability, death, loss of employment, injury to persons or property, or any other harm or loss sustained by me or my child through participation in said activity. I understand that the City of Holland does not provide medical insurance covering injuries to its participants. In addition, I certify that the above registration information is correct to the best of my knowledge.

Signature of Participant

Date

(parent of legal guardian if participant is under 18 years)

Packet Pick-up- June 18

5:00-6:30 pm at VanRaalte Farm Park

Thank you to our Sponsors: