

# M\*E Fit Run N Plunge 5K + Block Party

Date: June 6, 2026

Start Location: 214 W Main St, Clarksville, AR

Finish: Maximum Effort Fit

## Participant Information

Full Name:	
Date of Birth:	
Email:	
Phone:	
Address:	
City/State/Zip:	
Emergency Contact Name:	
Emergency Contact Phone:	

T-Shirt Size (circle one): S M L XL XXL

Do you plan to participate in the cold plunge? Yes No Maybe

## Waiver and Release

I acknowledge that participation in this event involves inherent risks, including physical exertion and cold exposure. I voluntarily assume all risks and release Maximum Effort Fit and event organizers from any liability.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_