

Arvada Heart Throb 5k www.heartthrobrun.com/arvada.html Discounts and Coupons Apply to ONLINE REGISTRATION ONLY					(Leave Blank)
Participant Name	First		Last		
Race Category	Circle One: M F		Age on Race Day:		March- ___ 5k:\$25 April-August 31 ___ 5k:\$30 September 1- January 31st ___ 5k:\$35 February 1 to online reg close 4pm ___ 5k:\$40 Race Day ___ 5k:\$50 _____
Date of Birth	Month	Day	Year		
Email Address					
Telephone					
Address					
City, State, ZIP	City:	State:	ZIP		
Emergency Contact	Name		Telephone		
Shirt Size (Gender Specific) MENS or WOMENS	Sm Med Lg XL 2XL (CIRCLE SIZE PLEASE)		TEAM NAME (Optional)		

Questions? Info@3WRaces.com

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry to participate in this event, I, intending to be legally bound, do hereby for myself, my heirs, my executors and administrators agree as follows:

1. I do waive and forever release any and all rights and claims for any damages and liabilities of any kind arising out of my participation in the Event against all persons, entities and agencies involved with promoting and holding the Event, including but not limited to 3W Races, local municipalities, all sponsors, volunteers and vendors of the event, their agents, successors, representatives and assigns even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.
2. I assume the risk of all bodily injuries, including death, resulting there from, and personal injuries to me and damage to and loss of my property, including loss of use thereof and any other indirect or consequential damages, resulting directly or indirectly, wholly or in part, from my participation in the Event and while traveling to and from the Event.
3. I hereby agree, for myself and/or for a minor under the age of eighteen for whom I am signing, to indemnify, defend, and hold the entities named above harmless from and against any and all claims, liabilities, losses and damages, costs, expenses (including attorney's fees) judgments and penalties arising out of any of my, and or said minors, acts or omissions to act.
4. I understand that the Event reserves the right to use any and all participant's names and/or likeness with regard to promotional and/or advertising materials.
5. I understand that my contact information will be used to update me regarding this event and other related promotional emails or mailings.
6. I understand that all entry fees are non-refundable.

I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

Participant Date _____
 Parent of Participant under the age of 18 Date _____