

The Running with the Elk 5k

- Date/Time: Saturday June 23, 2018. Race day registration @ 7 am Race @ 8:00 am-
 - Kids fun dash @8:10 am
 - Location: Lost Valley Store in Ponca
 - Route: Out and back, highway, running with traffic
 - Cost: \$25 pre-race end date is June 10, \$30 race day for 5k, \$5 kids fun run (no shirt)
 - Packet Pickup: Race day from 7am-7:45 am @ race location.
 - Awards: Participation Medals for all runners, even kids dash. Overall male and female winners will receive a special award. Awards will be presented at the finish line after all participants have finished the race.
 - Contact: For more information visit us at: <https://www.facebook.com/runningwiththeelk/>
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Registration Form & Waiver

Name: _____
Telephone: _____ Gender: Male _____ Female _____ Age As of Race Day: _____
Address: _____ Email: _____
City: _____ State: _____ Zip: _____
Adult Unisex Shirt Size: S _____ M _____ L _____ XL _____
Select Your Race: 5k _____ Kid's fun run _____

**All checks should be made to Jasper Kiwanis

Mail Registration form & payment to: Jasper Kiwanis at PO Box 718, Jasper, AR 72641

Waiver:

I fully realize the dangers of participating in a 5K race and fully assume the risks associated with this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I acknowledge that my participation in this event is entirely voluntary and with a complete full understanding that the risks involved may result in harm, loss, personal injury or death. I should not enter or participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the 5K race. Having read this waiver and knowing these facts and in consideration of your accepting my entry:

I HEREBY ASSUME ALL RISKS AND RESPONSIBILITIES FOR MY PARTICIPATION AND WAIVE, RELEASE AND DISCHARGE KIWANIS FOUNDATION THE RUNNING WITH THE ELK 5K RACE AND OTHER SPONSORS OF THIS EVENT, THEIR OFFICERS, DIRECTORS, EMPLOYEES AND AGENTS, FOR ANY HARM, LOSS, PERSONAL INJURY, OR DEATH RESULTING FROM, ARISING OUT OF, OR IN CONNECTIONS WITH MY PARTICIPATION IN THIS EVENT.

I CERTIFY THAT I HAVE READ THIS WAIVER AND RELEASE AND UNDERSTAND ITS SIGNIFICANCE

Date: _____ Signature: _____
RUNNING WITH THE ELK 5K PARTICIPANT

Signature of adult (21 or older) accompanying participants under 18: I am responsible

for _____, a minor walker/runner and understand I must assure he/she adheres to all rules of the event and immediately end my participation in the event if requested to do so by representatives of ACH for any medical, safety or other reason. I have advised the rider and the rider understands that should I have to end my participation in the event, the rider, too, will have to end his/her participation in the event.

Signature: _____ Date: _____