



Park Christian School

5K Fun Run

October 5, 2013



5K Closer to D.C.

All proceeds benefit Park Christian School's
9th Grade trip to Washington, D.C.

9am Kids Mile Run Start

9:30am 5K Start

Enjoy a beautiful 5K run through Gooseberry and Lindenwood parks on October 5th, 2013. Youth 12 and under can participate in a 1 mile fun run around Gooseberry Park.

Additional details and online registration at parkchristianschool.org (credit cards accepted)

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Postal Code: _____ Phone: _____

Gender: ☐ Male ☐ Female Date of Birth: _____ Age on Race Day _____

Email: _____

T-Shirt Size: Youth - ☐ S ☐ M ☐ L ☐ XL Adult - ☐ S ☐ M ☐ L ☐ XL (if registered by Sept 19)

Fees: ☐ 5K - \$25 ☐ Kids Mile Run - \$10 (fees increase \$5 on race day)

Send completed registration form and payment to: Park Christian School
Attn: Rae Halmrast
300 N 17th St
Moorhead, MN 56560

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there may be traffic on the course route and I must watch for vehicles at intersections and on the roads. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity and the condition of the roads. I recognize that if I choose to wear a portable listening device during the race that it may create a distraction which may increase my risk of injury. Knowing these facts, and in consideration of your acceptance of my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, And waive, release, and discharge PCS Fundraisers and any organization associated with the race, and the local governments and police, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims or causes of action (known or unknown, foreseen or unforeseen) for death, personal injury or property damage of any kind or nature arising out of their negligence or that of others in the course of, my participation in this road race and all other events and activities associated with this race. I give my permission for medical team evaluation, treatment, and transfer to an emergency facility if needed. I agree that PCS Fundraisers officials have the right to remove me from the race and related activities if they are of the opinion that it is in my best interest or the best interest of PCS Fundraisers that I'd be removed. I further grant permission to the PCS Fundraisers and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, and any other record of this event for any purpose without limitation or compensation. I understand that fees are not refundable and race numbers and timing chips (if applicable) are not transferable. I also agree to abide by the Rules of Competition as set forth by the USATF. I have read the foregoing and certify my agreement by signing the Registration Form. I further expressly agree that the foregoing release, waiver, and agreement is intended to be as broad and inclusive as permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

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 and that my physical condition has been verified by a licensed Medical Doctor. 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.

Signature: _____

(Parent or Guardian if under 18 yrs. of age)

Date: _____