

Spook Trot and Family Fun Dash

Saturday, October 26 2013

Piedmont High School Softball Presents our 1st Annual "Run for Your Life" 5K and 400 Meter Dash

Gremlins and Spooks will be hiding out along the easy course to give participants a spooky experience...If you manage to escape, prizes await!!

Start Time 5K @6:00pm and 400M Dash @7:00pm

Race Day registration, bib pick up and parking will be at Piedmont High School
750 Tom Bible Memorial HWY

Piedmont, AL 36272

Spook Trot and Family Fun Dash Registration and Liability Waiver

Please complete the registration, sign the liability waiver below and if you register **before October 11, 2013** please include T-shirt size. Please pre-register by **October 11, 2013** or you may register the day of the race at Piedmont High School Football Stadium from 5:00pm and 5:45pm.

Please return completed registration and signed waiver to Rachel Smith

C/O the Piedmont High School Athletic Department 750 Tom Bible

Memorial HWY Piedmont, AL 36272 by Oct 11, 2013.

Bib #	F Name	L Name	Gender	Age	Dist.	Size: S,M,L,XL		Race Fee
					5k or 400m	Adult Shirt	Youth Shirt	
Total Due								

Race Fees: Please Make Checks Payable to the Piedmont High School Softball

5K: \$25.00 (Race Day registration 30.00). 400M Family Fun Dash participation is FREE.

However, if 400M dash participants would like to order a race day shirt, the cost is \$15.00 IF registration is received by 10/11/13.

Acknowledgement, waiver and release from liability

I acknowledge that running is an extreme test of a person's physical and mental limits and comes with the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISK OF PARTICIPATING IN RUNNING EVENTS. I certify that I am physically fit, have sufficiently trained for participation in this event, and have not been advised otherwise by a qualified medical person. I ALSO ASSUME ANY AND ALL OTHER RISK WITH RUNNING THIS EVENT, including but not limited to, falls, contact with other participants, or race staff, the effects of the weather, including high heat and/or humidity, and the condition of the roads, all such risks being known and appreciated by me. In consideration for allowing me to participate in this event, I hereby take the following action for myself, my executors, administrators, heirs, next of kin and successors, and aver (a) WAIVE, RELEASE AND DISCHARGE from any and all claims or liabilities for death, personal injury, property damage or damages of any kind that arise out of or relate to my participation in, or my traveling to and from the Piedmont High School "Run for Your Life" 5K and 400 Meter Dash Spook Trot and Family Fun Dash, THE FOLLOWING PERSONS OR ENTITIES: Piedmont High School and employees, and all event sponsors, race directors, event producers, volunteers, and (b) AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims or liabilities I have waived, released and discharged. The undersigned further grants full permission to the parties listed above and/or agents authorized by them, to use any photographs, video tapes, motion pictures, recording or other record of this event for any purpose. Applications for minors will be accepted only with a parent's signature.

Printed name:

Email:

Date:

Phone:

City

State

Signature

(Parent's signature for participant(s) under age 18)