



*4<sup>th</sup> Annual Silver Bells 5K Run/Walk*  
**November 22<sup>nd</sup> at 10:00a.m.**

Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Race Day Age: \_\_\_\_\_ Awards for top three in each age group!

Shirt Size (Participants that sign up by November 1<sup>st</sup> are guaranteed a race shirt): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Please mail this form and checks payable to Chris Holman Foundation to:

**\$25 entry fee; Children 12 and under run for free; shirt is available for sale for \$10**

Playmakers

attn: Michelle Phillipich, race director

2299 W. Grand River Ave

Okemos, MI 48864

**Waiver of Participation**

**ADULT AUTHORIZATION FOR EMERGENCY & ROUTINE MEDICAL TREATMENT AND RELEASE OF LIABILITY**

I, \_\_\_\_\_ give my permission to City of Lansing, its volunteers, employees, and representatives, to obtain or provide such emergency or routine medical treatment for me as they, in the exercise of their discretion, deem necessary or appropriate while I participate in any activity offered by City of Lansing. Further, in consideration of city of Lansing making this available to me, I, for myself, and anyone claiming under or through me, hereby release and discharge city of Lansing, its employees, representatives and volunteers from all liability, claims, demands, and actions, regardless of kind of character, connected with, arising out of, or in any way participation in such activity.

I attest that I am 18 years of age or more and that I do not have a legal guardian.

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

**ADULT CONSENT TO PHOTOGRAPH/VIDEOTAPE & DISSEMINATE WITHOUT COMPENSATION**

I, \_\_\_\_\_, hereby consent to being photographed/videotaped while participating in any activity offered by City of Lansing. In addition, I consent to the reproduction and use of any such photographs and videotapes by City of Lansing for educational, public relations and promotional purposes and I waive any claim by myself, or anyone claiming under or through me, for compensation of any kind in exchange for photographs, videotapes and use.

I attest that I am 18 years of age or more and that I do not have a legal guardian.

Initial \_\_\_\_\_ Date: \_\_\_\_\_