



# 29th Annual Navy Federal 5K

Saturday, September 30 at 9 am in Vienna, VA  
Benefiting Committee for Helping Others



Category	Early (until Sept. 15)	Regular (starts Sept. 16)	Race Day (Sept. 30)
Adult (General Public)	<input type="checkbox"/> \$18	<input type="checkbox"/> \$23	<input type="checkbox"/> \$25
NFCU Employee/Military	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Youth (5-13 years old)	<input type="checkbox"/> \$15	<input type="checkbox"/> \$15	<input type="checkbox"/> \$15
Group Rate (Min. 10 People)	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20	N/A
Wheelchair Division			
General Public	<input type="checkbox"/> \$18	<input type="checkbox"/> \$23	<input type="checkbox"/> \$25
NFCU/Military	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Youth (5-13 years old)	<input type="checkbox"/> \$15	<input type="checkbox"/> \$15	<input type="checkbox"/> \$15
Sammie Sprint (<5 years old)	<input type="checkbox"/> FREE		
Donation for CHO	<input type="checkbox"/> \$3 <input type="checkbox"/> \$5 <input type="checkbox"/> \$10   Other: _____		

**Please Note: Registration Fees are non-refundable and the race will be held rain or shine.**

**Mail registration form and check by  
Friday, September 22:**

Navy Federal 5K  
Attn: Fitness Center  
820 Follin Lane  
Vienna, VA 22180

Make check or money order payable to:

**Navy Federal Credit Union**

Online registration is needed if paying with a credit card:

[www.Navyfederal.org/5K](http://www.Navyfederal.org/5K)

\*There is a convenience fee to register online\*

LAST NAME		FIRST NAME		M / F GENDER (Circle One)							
STREET ADDRESS		CITY		STATE	ZIP CODE						
E-MAIL ADDRESS											
PHONE NUMBER	Birthday	Age on Race Day	Yes / No NFCU EMPLOYEE (CIRCLE ONE)		NFCU Employee ID						
CIRCLE UNISEX T-SHIRT SIZE (Not Guaranteed)	<table><tr><td>XS</td><td>S</td><td>M</td><td>L</td><td>XL</td><td>XXL</td></tr></table>					XS	S	M	L	XL	XXL
XS	S	M	L	XL	XXL						

#### RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Please be advised that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement (the "Release") is mandatory and must be signed by all participants. Please read and sign the following:

In consideration of the participant identified below (the "Participant") being permitted to participate in the **Annual Navy Federal Credit Union 5k Run** and related activities (collectively, the "Event"), wherever the Event may occur, and after reading this Release completely and carefully, I hereby agree, understand, acknowledge and attest as follows: (1) Participant's participation in the Event is entirely voluntary; (2) Participant is entering and participating in the Event at Participant's own risk; (3) Participant is physically fit, medically able, and sufficiently trained for the completion of this Event; (4) Participant is aware of and assumes all risks associated with participating in this Event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators; (5) Participant assumes all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain; (6) Participant acknowledges the contagious nature of COVID-19 and other communicable diseases and Participant voluntarily assumes the risk that Participant may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this Event; (7) Participant understands that such exposure or infection may result in personal injury, illness, permanent disability, and/or death; (8) Participant understands that the risk of becoming exposed to or infected by COVID-19 in connection with Participant's participation in this Event and personally assumes this risk. Having read this Release completely and carefully, knowing these facts, and in consideration of acceptance of Participant's registration for participation in the Event, and Participant being permitted to participate in the Event, the undersigned intending to be legally bound, on behalf of Participant, Participant's heirs, executors, administrators, assigns, and anyone entitled to act on Participant's behalf (collectively, the "Released Parties"); (9) I hereby waive, release, and forever discharge any and all rights and claims for damages or injuries (including without limitation, any claims of personal injury, death, or property damage) ("Claims") which the Released Parties may have against Navy Federal Credit Union, Corporate Fitness Works, the Town of Vienna, NOVA Parks/W&OD, Good Times Event Services LLC and their respective parents, subsidiaries, affiliates, officers, agents, representatives, employees, contractors, subcontractors, volunteers, and sponsors (collectively, the "Released Parties") for any and all illness, injuries, losses or damages suffered or sustained by Participant as a result of participation in the Event, whether suffered by Participant before, during or after such participation, even though such Claims may arise out of negligence, action or inaction of any of the Released Parties; (10) I further agree to indemnify and hold each of the Released Parties harmless from and against any and all such Claims, including, but not limited to, all attorney's fees and disbursements up through and including any appeal; (11) I grant Navy Federal Credit Union the right to photograph, record and/or videotape Participant in connection with this Event and further authorize Navy Federal Credit Union, its assigns, and transferees to copyright, use, display, edit, publish and/or otherwise exploit Participant's name, face, and likeness, Event information and results (including without limitation, race number, age, times, gender, "hometown", or other Event results), voice, and appearance in all media and in all forms, whether now known or hereafter devised, including without limitation, in print and electronically, with or without Participant's name, throughout the universe in perpetuity, whether for advertising, publicity, promotional or commercial purposes or otherwise, without compensation, residual obligations, reservation or limitation, or further approval. I acknowledge and agree that all Event registration and race fees are non-refundable, and all services, including without limitation, the Event, shall be subject to, and contingent upon, any acts of God, strikes, labor difficulties, acts of terror, terrorism, insurrection, explosions, riots, civil unrest, war, fire, governmental decrees or orders, or without limiting the generality of the foregoing, any other delays beyond Navy Federal Credit Union's reasonable control.

By signing below, I certify that: (1) I have fully and completely read and understand this Release; (2) I understand that I have given up substantial rights by signing it; (3) I am 18 years of age or older; (4) the information set forth above pertaining to Participant is true and complete; (5) I understand that this Release, including but not limited to the releases contained herein, are intended to be as broad and inclusive as permitted by the laws of the State of Virginia; (6) I am aware that the Released Parties are relying on the representations, acknowledgements, warranties and undertakings made by me in this Release; (7) I acknowledge I am signing this document freely and voluntarily without any inducement, assurance or guarantee and intend my signature to be a complete and unconditional release of all liability; (8) this Release will be governed by the laws of the State of Virginia; (9) I SPECIFICALLY WAIVE THE RIGHT TO A TRIAL BY JURY REGARDING ANY PROCEEDINGS RELATED TO OR ARISING FROM THIS RELEASE OR THE EVENT; and (10) I consent and agree to all of the foregoing. I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

**Participant Name:** \_\_\_\_\_  
**Signature:** \_\_\_\_\_  
**Date:** \_\_\_\_\_

#### IF PARTICIPANT IS UNDER 18 YEARS OF AGE, PLEASE CONTINUE READING AND SIGN BELOW.

**Notice to Parents and Legal Guardians.** In consideration of my minor child or ward being permitted to participate in the Event and activities references above, wherever the Event may occur, I hereby attest that, after reading this Release completely and carefully, including the notice below, I acknowledge that participation in the Event by my child or ward is entirely voluntary, and I further understand and agree as follows:

#### NOTICE TO THE MINOR CHILD'S NATURAL GUARDIAN

READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF NAVY FEDERAL CREDIT UNION, CORPORATE FITNESS WORKS, THE TOWN OF VIENNA, NOVA PARKS/W&OD, GOOD TIMES EVENT SERVICES LLC AND THEIR RESPECTIVE PARENTS, SUBSIDIARIES, AFFILIATES, OFFICERS, AGENTS, REPRESENTATIVES, EMPLOYEES, CONTRACTORS, SUBCONTRACTORS, VOLUNTEERS, AND SPONSORS (COLLECTIVELY, THE "RELEASED PARTIES") USES REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM THE ABOVEMENTIONED "RELEASED PARTIES" IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND THE ABOVEMENTIONED "RELEASED PARTIES" HAVE THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.

The notice in the preceding paragraph is also given and applicable if you are the legal guardian of a ward, in which case by signing this form you are agreeing to let your ward engage in potentially dangerous activities and giving up your ward or minor child's right and your right to recover from the Released Parties, all as more fully explained in the preceding paragraph; it being understood and agreed that, as used in the preceding paragraph, the term "child" includes your ward for all purposes thereof. Any indemnification obligations listed above shall not be applicable if the Participant is under 18 years of age.

**Name of minor child or ward Participant:** \_\_\_\_\_  
**Name of Parent or Legal Guardian:** \_\_\_\_\_  
**Parent's or Legal Guardian's Signature:** \_\_\_\_\_  
**Date:** \_\_\_\_\_