



HalfK4Kids

Over-Achiever 5K

## Walk/Run Registration

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

Address: \_\_\_\_\_ City, State, ZIP \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Birthday: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: (\_\_\_\_) \_\_\_\_\_

Event: ☐ HalfK4Kids ☐ Over-Achiever 5K

Shirt Size: \_\_\_\_\_ specify youth or adult

Return by Sept 14 to guarantee shirt in requested size. After this date, shirts distributed will be based on availability.

### Release and Waiver (Please read and sign)

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, and the effects of weather and conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event. Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation. The release form and waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known and unknown.

The undersigned further grants full permission to use any photographs, videos, or another record of the event for any purpose. Minors will be accepted with a parent's signature.

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

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

Return to BMC (PO Box 211, Bland, VA 24315) with appropriate registration fee  
EARLY: \$15 ages 12 and under, \$25 ages 13+