

Run Your Heart Out 5k!

Registration Form

Name (Please Print): _____

Address: _____

Phone: _____ Age: _____

Circle Shirt Size: YS YM YL AS AM AL AXL A2X

The Hanger Airport Rd Luverne, AL

Adult Registration Fee: \$25
12 & Under Registration Fee: \$15
Late Registration: 8 am
Run / Walk 5K: 8:30 am
1 Mile Fun Run: 8:45 am



Registration forms can be
dropped or mailed to:
Crenshaw County DHR
25 Hospital Drive
Luverne, AL 36049

Pre-registration is due by Tuesday, January 22nd.

Make checks payable to the event sponsor: Extreme Heating & Air, LLC

RELEASE OF LIABILITY AND WAIVER

I know that running / walking in a road race is a potentially hazardous activity, which could cause injury or death. I represent that I am medically able to participate in this event. I attest that I have read any rules of the race and agree to abide by them. I assume all risks associated with this event including, but not limited to, heat exhaustion, falls, and contact with other participants, effects of weather, dangerous traffic conditions, etc., all such risks being known and recognized by me. I hereby agree, for myself and my heirs, assigns, personal representative, executors and administrators, to waive, release, and forever discharge, and indemnify from any liability the State of Alabama Department of Human Resources (State of Alabama), Crenshaw County Department of Human Resources and their respective directors, officers and employees, volunteer, and any and all sponsors, suppliers and any other personnel assisting or connected to this event, any rights, claims, or demands therefore which I may have or which I may hereafter accrue to me arising out of injury to my person or my property incurred in connection with participation in the Run Your Heart Out 5K held on February 9, 2019.

I, the check signer understand and recognize that I shall be responsible for any and all returned check fees.

Signature

Date

Parent's Signature (if under 18 years of age)

Date