



Sunday October 1, 2023

@ 9:00am

Silver Creek Central School

Please join us for the 3rd running of the Liv Love Run

5K ,hosted by the Silver Creek/Forestville Cross Country Team & Booster Club! A portion of the proceeds will fund a scholarship at SCCS in memory of Olivia (Liv) Coia, who was a wonderful teacher, coach, runner & friend. The remaining proceeds will benefit the Silver Creek/Forestville Cross Country team to support team equipment, supplies and team building activities

- Packet Pickup and Race Day Registration: 7:45—8:45am
(Silver Creek Central School - high school band door)
- Entry fees: Pre-registration: \$25 adults / \$20 students; **FREE T-SHIRT if registered by 9/24/2023**
- Course certified by USATF: NY19004JG
- Walkers are welcome!
- Registration also available online at: [www.runsignup.com/Race/NY/ SilverCreek/LivLoveRun5k](http://www.runsignup.com/Race/NY/SilverCreek/LivLoveRun5k) .
- Visit us on Facebook: Liv Love Run 5K

- Awards to overall Male and Female winners and top 3 male & females in 10 year age groups.

2023 Registration Form Waiver

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Event Director, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition. In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

Name _____ T-Shirt Size (Unisex t-shirts) _____

(T- shirts to those who registered by 9/24/2023)

Address _____ Birthday)MM/DD/YYYY _____

City _____ Phone: _____

State _____ Email _____

Zip Code _____ Signature _____

Pre Registration (Post marked by 9/30/2023) _____

Parent/Guardian (if under 18)

Adult \$25____ Student \$20____ (Please make checks payable to: 'Liv Love Run 5K' and mail to c/o DJ Wilson, 13 Jaekle St, Silver Creek, NY 14136)