



## 5K Run/Walk, July 20, 2019

Location: RSU #3, 84 School Street, Unity

Registration Opens: 7:00 a.m.

5K Start Time: 8:00 a.m.

*Suggested Donation: \$10.00*

*All proceeds will benefit the Unity Rec. Program.*

*Course: Out and back, Flat and Fast. Electronic Timing.*

### Racer Registration Form

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

T-shirt to the first 50 registrations.

T-shirt size: Medium: \_\_\_\_\_ Large: \_\_\_\_\_ X-Large: \_\_\_\_\_

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

**Awards: Male & Female first and second place for age categories:**

**18 and under, 19-29, 30-39, 40-49, 50-59, 60 and above.**

**Pre-registrations can be mailed to:** Downeast Credit Union, PO Box 760, Unity, ME 04988

**Make checks payable to:** Unity Rec. Program.

Release and waiver (Please Read and sign) I know that running is 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 contributions to this event, any race officials, volunteers, the town and police agencies, their representatives successors or assigns from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or related in any manner to 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, video tapes, motion pictures, recordings, or another record of the event for any purpose.

Parent or Guardian's Acceptance: The undersigned represents and warrants that he/she/they are the parent(s) or legal guardian(s) for the Minor identified above, who is under the age of eighteen (18) years. In consideration allowing the Minor to participate, the value and sufficiency of which are acknowledged and agreed to, consent to the terms and conditions recited in this Release on behalf of the Minor with full force and effect as parent and/or legal guardian, with the intent that this release be binding for all purposes and for all time, intending that the Minor be bound by these terms and conditions.

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**SIGNATURE:**

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**DATE:**