

2010 RAINS COUNTY FOUNDER'S DAY
5K and 1 mile Fun Run

Saturday, May 1st, 8:00a.m.
At the Rains County Court House

Registration on site 7:00-7:45 a.m.
5K - \$10.00
Includes t-shirt and pancake breakfast
Fun Run – free

All participants must register:

Name _____

Address _____

Phone No. _____

Age (race day) _____ Date of Birth _____

Sex: Male / Female

Email _____

Waiver (must be signed to participate):

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, waive and release any and all sponsors, their representatives and successors, from all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. Minors accepted only with a parent or guardian's signature.

Signed _____

Date: _____