

Got Questions? Call 508 654 6466 or email runlancaster5k@gmail.com

INDIVIDUAL REGISTRATION FORM

5K Run/Walk for Community

The Village Church

For more info or to register online go to <https://www.lancaster5k.org/>

Name _____

Email _____

Gender M F

Date of Birth _____

Age on race day (Sept 08, 2019) _____

T-SHIRT SIZE: S M L XL XXL

Please select one Category

- 5K Runner/Walker \$25
- Youth 14 & Under Free!!!
- 5K Senior 60+ \$20
- CASH PAYMENT (do not mail in cash) * CHECK

INFORMED CONSENT/RELEASE OF LIABILITY: I understand that participation in the Let's Move Day 5K/Village 5K Fun Run presents certain risks and hazards, including but not limited to: muscle strains and sprains, bruises, broken limbs, dehydration, other serious medical problems or even death and other ordinary risks associated with strenuous physical activity. I acknowledge I do not have a past or present medical condition that may be affected by participating in this Activity or that I have obtained clearance from a physician before participating in this Activity. I voluntarily assume full and complete responsibility for any injury or accident, which may occur to my property or me during or in connection with this event. I hereby voluntarily Release, Waive, and Discharge The SDA Village Church, and their servants, agents, employees, participants, and volunteers assisting with this event (hereinafter "RELEASES") from any and all liability, claims, demands, actions and causes of action whatsoever, whether such liability is based on negligence, arising out of or related to any loss, damage, or injury that may be sustained by me or to any property belonging to me while participating in the event. I further agree to Indemnify and Hold Harmless the Releases from any loss, liability, damage or costs, I may incur due to my participation in this Activity. _____INITIALS

***NOTE: If paying by Check please make check payable to SDA Village Church write 5K Race on the memo line | Mail Form & Payment to ATTN: Gael Moncoeur, Village 5K | 75 Sawyer St/ P.O. BOX 866 South Lancaster, MA 01561**