

# Ella's Halo 5K and Family FunWalk/Run

October 1, 2011

Arvig Park, Perham, MN

(located on Hwy 51)



First Name

Male

Female

Last Name

Date of Birth

Mailing Address

Age on Race Day

City

State

Zip

5K (Entry Fee: \$20)

Phone

Family Walk/Run (Entry Fee: \$20, 12 & under free)

Email

Emergency Contact Number

## Ella's Halo Strides for NICUs Waiver/Release

I know that running a road race is a 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 may be traffic on the course route and I must watch for vehicles at intersections and on the roads. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of weather including cold temperatures, snow and ice, and the conditions of the course. I recognize that if I choose to wear a portable listening device during the race that it may create a distraction which may increase my risk of injury. Knowing these facts, and in consideration of your acceptance of my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Ella's Halo and any organization associated with this race, and the local governments and police, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims or causes of action (known or unknown, foreseen or unforeseen) for death, personal injury or property damage of any kind or nature including those arising out of, their negligence in the course of, my participation in this road race and all other events and activities associated with this race. I give my permission for medical team evaluation, treatment, and transfer to an emergency facility if needed. I agree that Ella's Halo officials have the right to remove me from the race and related activities if they are of the opinion that it is in my best interest or the best interest of Ella's Halo that I be removed. I further grant permission to Ella's Halo and/or agents authorized by them to use any photographs, video, motion pictures, recordings, or any other record of this event for any purpose without limitation or compensation. I understand that fees are not refundable and race numbers are not transfereable. I have read the foregoing and certify my agreement by signing the Registration Form.

Signature

Date

Parent/Guardian's Signature if under 18

Date

Registration: 9:00 am - 10:00 am  
5K begins at 10:30 am - Walk/run begins shortly after