

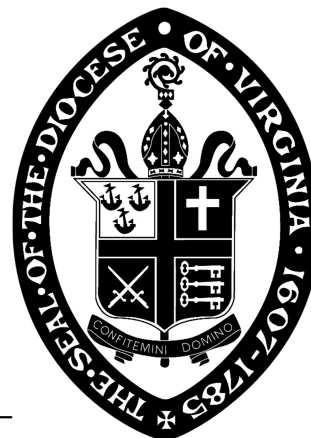
# Annual 5K Run/Walk Registration

**Saturday, July 7, 2018**

**Registration begins: 7:45 am**

**Race time: 9:00 am**

- Race:      5K Run     5K Walk
- Gender:    Male        Female
- Age Group:  11 and under    12 - 17
- 18 - 27                28 - 35
- 36 - 55                56+



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

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

**City, State, Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **eMail:** \_\_\_\_\_

*Cost is \$10/entry. Make checks payable to "Shrine Mont" and mail to:  
Shrine Mont, /PO Box 10/ Orkney Springs, VA 22845*

## Release Waiver

I acknowledge that running is a potentially hazardous activity. I know that I should not enter to run unless I am medically fit and properly trained. I assume all risks associated with participation in the 5K Run/Walk, including, but not limited to, falls, contact with other participants, the effects of the weather (including high heat, humidity, cold temperatures or raining), vehicular traffic and conditions of the road. All such risks being known and appreciated by me, having read this release and knowing these facts, and in consideration of your accepting my entry, I for myself, my heirs, assignees and anyone else entitled to act on my behalf, waive, release and will hold harmless Shrine Mont, The Diocese of Virginia or any other persons assisting with the race and their successors from all claims or liabilities of any kind including injury or death arising out of my participation in the race event though that liability may arise.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*(Required if participant is under 18 years of age)*