

EASTERN SHORE MUSIC & SOUL FOOD FESTIVAL



5K RUN/WALK REGISTRATION FORM

Name (Printed) _____ Date of Birth _____ Age on Sept
28 _____

Address _____ City _____ State, ZIP _____

Phone #s _____

Male ___ Female ___ 5K Run/Walk _____ (or) 10K Run/Walk _____ T-Shirt Size _____

Contact's Phone #s (2) _____

Awards: The top 3 finishers (Masters, Adults, Youth & Children) will win medals, 1st, 2nd & 3rd Place Vinyl Record, a collapsible cup, and T-Shirt. Age groups are: Masters - seniors 35 & above; Adults - ages 20-34; Youth - 13-19; Children - 12 & under.

Release and Waiver (Please read and sign)

I know that running is a potential 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 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 contributors to this event, any race officials, volunteers, the town and police agencies, their representatives, successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, 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, videotapes, motion pictures, recordings, or another record of the event for any purpose. Minors will be accepted with a parent's signature.

Signature _____ Date _____

To be completed by Run/Walk Registration Staff only:

Registration Fee: Adults ages 20 and up \$25 _____ Youth ages 13-19 \$12 _____

_____ Bib Number Circle one: RUN WALK

Registration Staff Initials _____