



FOREST HILL 5K: Registration Form

Forest Hill

The fourth annual "FOREST HILL 5K": Saturday, March 17, 2012 9:00 am at Forest Hill Park (Maximum 500 Runners/Walkers)

Please Print, Sign, and Send with \$18.00 payment to:

"Forest Hill Neighborhood Association"
1003 Taylor Avenue, Richmond VA 23225

Name: _____

Minor Children: _____

Canine Friends (must be leashed): _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (_____) _____ Alternate Phone: (_____) _____

Date of Birth: ____/____/____

E-mail: _____

Long-sleeve t-shirt size (unisex, adult sizes only) S, M, L, XL: _____

Be sure to register by March 10th to guarantee a t-shirt!

Every participant must sign this waiver: In consideration of the acceptance of my entry to this event, I hereby make the following agreements: I know that running/walking is a potentially hazardous activity. I should not enter and run unless I am medically able & properly trained. I agree to abide by any decisions of the run officials relative to my ability to safely complete the run. I assume all risks associated with running/walking this event including, but not limited to: falls, contact with other participants, the effects of the weather, including extreme cold, rain and/or humidity, traffic, vehicles & the conditions of the road including but not limited to: cobblestones, steps, curbs & sidewalks, uneven pavement, all such risks being known & appreciated by me. This event is not intended for & will not permit individuals with headphones, bicycles, skateboards, and roller blades. Having read this waiver & knowing these facts, I, for myself & anyone entitled on my behalf, fully release, waive & forever discharge, the organizing clubs & all sponsoring or participating organizations, institutions & individuals from any & all claims, demands, causes of action, liabilities or expenses of any kind whatsoever, which occur either directly or indirectly, as a result of or in connection with my participation in the event, even if such consequences result from the negligence, fault, or carelessness of any organizers, sponsoring &/ or participating organizations, institutions &/or individuals. I hereby assume responsibility and liability for any minor child, children or dog in my custody, care or supervision and fully release, waive & forever discharge, the organizing clubs & all sponsoring or participating organizations, institutions & individuals from any & all claims, demands, causes of action, liabilities or expenses of any kind whatsoever, which occur either directly or indirectly, as a result of or in connection with such minor child, children or animal participating in the event, even if such consequences result from the negligence, fault, or carelessness of any organizers, sponsoring &/ or participating organizations, institutions &/or individuals. This release shall be binding on my heirs, administrators, successors & assigns and shall inure to the benefit of the successors & assigns of the organizers, sponsoring &/or participating entities. By this release I fully intend to discharge the said organizations from any & all injuries or losses suffered by me while participating in & traveling to & from this event. By signing this release, I hereby certify that I have the legal authority to sign on behalf of the above mentioned minor children.

Signature _____

Date _____