



5K FUN RUN/WALK 1K KIDS RUN

August 20th, 2011

Old Post Lock & Dam

Russellville, AR

Print Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age _____ Sex _____

5K Run _____ 5K Walk _____ Kids 1K Run _____

T-Shirt Size S _____ M _____ L _____ XL _____

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 agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including high heat and /or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Boys and Girls Club of the ARV, the city of Russellville, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

For more information 479-968-7819

www.valley-fest.org