



# COLOR RUN

5K & 1 mile

April 13, 2019

8:00am

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_

T-Shirts will be provided to all pre-registered runners that have paid by April 5<sup>th</sup>. Those registering on race day will receive shirts only if extras are available.

(Circle one) **YOUTH: S M L ADULT: S M L XL XXL**

\_\_\_\_ 1 mile walk/run \$15.00

\_\_\_\_ 3 mile walk/run \$20.00

Make checks payable to **Leroy Massey Elementary School**

**Waiver:** I hereby declare, assert and affirm that participation in LMES Color Run 5k is done having voluntarily and knowing assumed ALL RISKS involved in this Special Event. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardio-respiratory system including heart arrhythmia, heart attack, stroke, and sudden death. In consideration of acceptance of this contract allowing my participation in the above stated Special Event and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators and assigns, WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above stated Special Event I also understand that I do hereby WAIVE any and all rights or benefits under the State of Georgia Worker's Compensation laws for any injury incurred as a result of my participation in this event, including disregard of the posted route.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Legal Guardian must sign if participant is under the age of 18.