

SUPERHERO

REGISTRATION FORM SUPERHERO 5K RUN/WALK



Saturday, JUNE 2nd
National Guard Armory
Mason City, IA

- Registration 9A
- Unofficial 5K Walk/Run - 10:00A
- Kids Fun Day - 11A-1P

PLEASE FILL OUT ONE FORM PER PARTICIPANT

Name: _____ Gender: M F

Street: _____ Age: _____

City: _____ State: _____ Zip _____

Phone: _____ Email: _____

REGISTRATION FEE:

Adult Walk/Run \$35.00 w/ Race Shirt (Or \$25/person in group of 6 or more)

Kids Fun Run (12 & Under) \$15 w/ Race Shirt Includes Fun Day

\$2 discount for costumes

Kids Fun Day \$5 (no shirt)

Youth (S, M, L) _____ Adult (S, M, L, XL, XXL) _____

* Deadline for guaranteed shirt - May 25th *

Return Registration with Fee and Waiver Release Form

To: **Active Family Chiropractic** (122 N Federal Ave, Mason City) **OR**

North Iowa Community Credit Union (640 S. Federal Ave or 4063A 4th Street SW, Mason City). May return day of race as well but can not guarantee shirt availability.

Signature of Participant _____ Date _____

Signature of Guardian if under 18 _____ Date _____

Superhero 5k Run/Walk ~ Kids Superhero Fun Run (EVENT)

Saturday, June 2, 2018

National Guard Armory

WAIVER RELEASE FORM

For consideration of participation in the Superhero 5k Run/Walk – Kids Superhero Fun Run (EVENT) to be held on Saturday, June 2, 2018 I, _____
(child's name if applicable/ under 18) _____ waive and release the Superhero 5k Run/Walk – Kids Superhero Fun Run (EVENT), it's directors, promoters, all sponsors, administra-tors, representatives, executors, site location, volunteers, agents, supervisors, participants, all state and local gov-ernments, representatives, and any other persons (collectively the "Relesees") from any and all claims, liabilities or causes of action arising out of an injury to me (or my child) and from any and all claims, liabilities or causes of action arising from me (or my child's) participation or attendance in this event.

Inherent and Potential Risks

I understand that participation in the EVENT involves strenuous physical activity associated with walking or running distances. I understand that physical activity, by it's very nature, carries with it certain inherent risks. I assume all risks associated with participating in the EVENT relating to the risk of strenuous physical activity, collisions with other participants, or falling. I acknowledge that I (or my child) may incur minor injuries, major injuries, and catastrophic injuries including paralysis and death. I assume all risks from contact with other participants ad volunteers, negligent or wanton acts of other participants and volunteers, any defects of conditions of road surfaces (including uneven or wet road surfaces or gravel on road / track surfaces), failure of other participants, vehicles, and non-participants to observe traffic signals or laws, and the effects of weather including high heat, thunderstorms, lightning, precipitation, cold temperatures, high winds, and/or humidity.

I agree to dress myself (or my child) appropriately as to mitigate risk of physical injury to myself (or child) including, but not limited to: wearing shoes appropriate for strenuous physical activity involved in the EVENT; and dressing in conjunction with the weather.

I agree that the Releasees are not responsible for my personal items or property lost or stolen before, during or after the EVENT.

Medical Evaluation

I attest that I (or my child) am medically and physically able to participate in the EVENT. If I experience any doubt as to my (or my child's) ability to successfully and safely participate in and/or complete the EVENT, I will take full responsibility for consulting a physician. I attest that, if I (or my child) am pregnant, disables in any way, or have recently suffered an illness, injury, or impairment, I (or my child) shuld have or did consult a physi-cian prior to participating in the EVENT.

I consent to emergency medical care and transportation in the event of injury to me (or my child) as medical professionals deem appropriate. This Release extends to any liability arising out of or in any way connected with the medical treatment and transportation provided in the event of an emergency, including but not limited to, negligence emergency rescue operations.

Voluntary Participation

I am fully aware of the risks connected with participation in the EVENT, whether specifically listed in this Release or not, and I voluntarily elect to participate in the EVENT knowing that this participation involves these risks.

Assumption of Risk, Waiver of Liability, Release and Covenant Not To Sue

In consideration for being permitted to participate in the EVENT, I voluntarily agree for myself, my family, heirs, assigns, executors, and administrators to the following:

- 1.) TO ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, OR PERSONAL INJURY, INCLUDING DEATH that may be sustained by me (or my child), or any loss or damage to property owned by me (or my child) as a result of participating in the EVENT.
- 2.) TO RELEASE, WAIVE, HOLD HARMLESS, DISCHARGE, AND COVENANT NOT TO SUE the Releasees from any and all liability, claims, actions, demands, expenses, attorney fees, breach of contract situations, breach of statutory duty or other duty of care, warranty, strict liability actions, and causes of action whatsoever, that I might have or may acquire in the future arising out of or related to any loss, damage, or injury, including death, that may be sustained by me (or my child), or to any property belonging to me (or my child), while participating in the EVENT including, but not limited to, any claim that the act or omission complained of was caused in whole or in part by the negligence or carelessness of the Releasees.

Acknowledgment and compliance with Rules

I agree to observe and obey all rules and safety procedures that accompany the EVENT and to abide by an decision of an EVENT official relative to my (or my child's) ability to safely take part in the EVENT. I agree to exhibit appropriate behavior at all times and to obey all laws. EVENT officials may dismiss me (or my child) without refund, should my (or my child's) behavior endanger the safety of or negatively affect the EVENT, person, facility or property of any kind.

Severability

I agree that if any portion of this Release is deemed to be invalid, the remainder of the Release will still be binding and enforceable.

Photography Release

I hereby grant full permission to the EVENT to use, reuse, reproduce, publish, or republish any photographs, motion pictures, recordings, or any other record of my participation in the EVENT, including all EVENT sponsored pre and post activities, in any medium now known or hereafter developed, alone or in conjunction with other material, without restriction as to the changes or alterations, as well as to use my name, voice, likeness, and/or indicia of identity, for editorial, educational, promotional, advertising, and commercial purposes, including without limitation in connection with the solicitation of contributions and the furtherance of corporate objectives of the EVENT. Further, I relinquish all rights, title, and interest in any and all photographs, motion pictures, recordings, or other records of the EVENT I may take or capture.