



5K Run & Walk

January 21st

9:30 am

**Grand Island Park
On the Island at Malibu Dr., Lake Havasu City, AZ**

<u>Registration</u>	<u>Price</u>
Through 12/31	\$20
January 1st to Race date	\$30

All Participants 18 and under are \$15

All Proceeds to benefit: Sandie Alger Memorial Inc.

Register no later than December 31st at noon to guarantee your Shirt at REALTY ONE GROUP 20 N. ACOMA BLD. #102, LAKE HAVASU CITY IN SMITH'S FOOD AND DRUG SHOPPING CENTER. Check in at 8:30 am for your shirt and/or bib number. All runners must have signed waiver prior to gun time. Awards for 1st thru 3rd Place for both Men and Women.

Waiver: (Must be signed by player or player's legal guardian).

Please read the following statement and sign before submitting entry. In consideration of your acceptance of the entry, I hereby for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individual associated with the event, their representatives, successors and assigns and will hold them harmless for any and all injuries suffered in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. There is a serious risk of injury during this event. I am expressly and voluntarily assuming the risk of being injured. I have been warned that I must be in good health to participate in this event. In filling our this form, I acknowledge I am an amateur in such events. I also give permission for the free use of my name and picture in any broadcast, telecast, internet or print media account of this event. I acknowledge I have read and fully understand my own liability and do accept the restrictions.

Runner Name: _____

Address: _____

City/State/Zip/Country: _____

Phone #: _____ Email: _____

Age: _____ Shirt Size: _____ Youth/Adult Race: 5K Run/Walk Amount \$: _____

Signature: _____ Date: _____
