

Pumpkin 5K Run/Walk

Little Pumpkin Run 1 Mile (school age)

Registration deadline 10-21-19

Race starts at Riverside Park

Saturday October 26th - Registration starts at 8:30 am

Little Pumpkin Runners start at 9:00 am

Pumpkin 5K will start following the Little Pumpkin Runners

**All runners will be running with Little PUMPKINS!!!**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City/State/Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

­Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I hereby, for myself, my heirs, and administrations, waive and release any and all rights and claims, for damages I may have against Energy Wellness Center and co-sponsor, their agent, representatives, successors, and assigners for any and all injuries by me at this event. For competitors under the age of 18. I, the undersigned parents or legal guardian of the competitor, herby approve and confirm the waiver and release.

Sign: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian (if under 18): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_