



HOLY FAMILY FIRE 5K REGISTRATION FORM / Saturday July 17, 2010, 9 AM



Location: Holy Family Catholic High School 8101 Kochia Ln, Victoria, MN

Last name										First name										Age on		Sex						
Birth date										Area code					Telephone					Shirt size (adult)					July 17		M/F	
Mo		Day		Year						S		M		L		XL		XXL										
Street address (include apartment number and/or c/o)																												
City															State					Zip/postal code								
email address																												
_____ @ _____																												

Check the race entered: 5k run/walk Spark 800m run

WAIVER. Knowing that running a race is a potentially hazardous activity, I enter and participate in this race certifying that I am medically able and properly trained. I also know that, although police protection will be provided, there may be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, and the condition of the roads.

Knowing these facts, and in consideration of your acceptance of my entry, I hereby hold for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge any organization associated with the race, race officials, volunteers, any and all sponsors (including the Minnesota Distance Running Association, Holy Family Catholic High School and its representatives, and the City of Victoria, MN), their agents, employees, assigns or anyone acting for or on their behalf, from any and all claims or liability for death, disease, personal injury, bodily injury, or property damage of any kind or nature arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. An adult must accompany all children under the age of 12. A parent or legal guardian must sign if the applicant is under 18 years of age.

The undersigned further grants full permission to the race and any organization conducting the race and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose.

I also understand that entry fees are non-refundable.

I have read the foregoing and certify my agreement by my signature below.

Signature (by parent or guardian _____ Date _____ participant is under 18)

MAIL ENTRY FORM WITH \$16.00 BY JULY 10 TO:

**FIRE 5K
Attn: Jim Kappel
1981 Silver Street
Waconia, MN 55387**

Make check payable to **HFCHS**

Registration: \$16 postmarked by July 10th for the Fire-5K Fun Run/Walk
\$20 Race Day Registration
Entry fee includes a free race t-shirt



\$6 Kids' Spark 1/2 Mile Fun Run
Entry fee includes a free race t-shirt