

# 'Possum Trot 5K Run/Walk

September 29, 2018

Check in from 8-9 am Race starts at 10:00am

*Please complete one form for each participant.*

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Email Address \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Gender (please circle): Male / Female

Category (please circle): 14 & under 15-19 20-29 30-39 40-49 50-59 60-69 70+

TEAM Name (if applicable) \_\_\_\_\_

T-shirt size (please circle): Children's - S M L Adult's - S M L XL XXL

Amount enclosed: \_\_\_\_\_ \$20 Pre-registration \_\_\_\_\_ \$30 Day of Race

**Completed registration form (along with payment) can be mailed to the address below before September 25, or brought with you to the event:**

High Rocks Educational Corporation

Attn: 'Possum Trot

195 Thompson Rd

Hillsboro, WV 24946

**\*\* Pre-registration on or before September 24<sup>th</sup> guarantees a t-shirt\*\***

Please make checks payable to High Rocks.

To register with a credit card, visit us at [www.highrocks.org](http://www.highrocks.org).

For more information, call 304-653-4891.

## Waiver of Liability

High Rocks Educational Corporation provides the 'Possum Trot 5K to promote health and wellness and raise funds for educational and cultural programs and services for children and youth. Participation in the 'Possum Trot 5K is purely voluntary and individuals participate at their own risk. High Rocks will not accept responsibility for injuries sustained while participating in the 'Possum Trot 5K. The undersigned hereby acknowledges that participation in the 'Possum Trot 5K and related activities involves an inherent risk of physical injury, and the undersigned, on behalf of the registrant, hereby assumes all such risk and does hereby release and forever discharge High Rocks Educational Corporation and all employees and all agents thereof from any and all liability arising from, and by reason of any consequences thereof, resulting from the registrant's participation in or involvement with this event, including any failure of equipment or defect in the premises.

I assume all risks associate with my participation in this event, including all pre- and post-race activities. I acknowledge the dangers inherent in all walking, running, or road racing events, and acknowledge that the activities at the event can be dangerous and involve the risk related to my own physical condition and health and risk of falling, contact with other participants, volunteers and observers, and potential adverse effects of weather, traffic, the condition of the running surface, and selection of the course, any or all of which may result in serious injury and/or death and/or property damage. I represent that I am physically fit and sufficiently trained to participate in this event. I further grant permission to any and all of the above parties and to the public media to use my name, likeness, and voice, as well as any photographs, video tape or recording, or any other record of my participation in the event for any legitimate purpose.

Date \_\_\_\_\_

Signature of Participant (or parent/guardian if participant is under 18):

\_\_\_\_\_

High Rocks is a 501(c)3 organization, if you would like to make a tax deductible donation to "High Rocks".

**All proceeds will go to High Rocks youth programs.**