



Northern Blair County Recreation Center's 12<sup>th</sup> Annual  
*Labor Day 5K Pump and Run*  
September 7, 2020

**CHOOSE EVENT:**  
(Circle One)

5k Pump and Run  
\$35- Gets event and tote

1-Mile Walk (No Bench Press)  
Free- must get \$35 in sponsors for tote

**Participant's Name:** \_\_\_\_\_

**Birth Date:** \_\_\_\_\_

**Gender:** \_\_\_\_\_

**Shirt Size:** \_\_\_\_\_

**Address:** \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
(Street) (City) (State) (Zip)

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

**Email:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Payment:**  
(Circle One)

Check

Cash

Credit Card

**WAIVER:** Must be signed to participate. In consideration of you accepting this entry, (I below signed), intending to be legally bound for myself, my heirs, executors, administrators and assigns, waive and release all rights and claims for damages I may have against the Labor Day 5K Run, 5K Pump & Run and/or Walk, the officials, sponsors, directors, officers, employees, agents and volunteers of the Labor Day 5K Run, 5K Pump & Run or Walk and /or the race committee, their heirs, representatives, successors and assigns, for any and all injuries physical or otherwise suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been recently verified by a licensed medical doctor. Furthermore, I hereby grant full permission to use photographs, video tapes, motion pictures and records of me, or any other record of this event, for a legitimate purpose. This entry is invalid unless signed by entrant. If entrant is under the age of 18, a parent or legal guardian must sign entry form. This race committee reserves the right to reject any entrant.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Today's Date