

Annual Vermilion Fourth of July 10K and 3 Mile Walk Official Entry Form

Race: 10K Run (\$10) _____ 3 Mile Walk (\$5) _____ 1 Mile Kids' Run (free) _____

Name: _____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Phone or Email:** _____

Age on Race Day: _____ **Gender:** M F • **Shirt Size** Kids 8/10 • Adult S M L XL

OFFICIAL USE: BIB# _____ **T-Shirts can be purchased for \$15 or \$20** (1st come/1st serve)

MAKE CHECKS PAYABLE TO: Friends of VCS Race fee (\$10 for run or \$5 for walk) plus \$15/\$20 (tie-dye) T-Shirt

Waiver Must Be Read and Signed Before Race:

I know that running is a potentially hazardous activity. **I will not enter or run this event unless I am medically able and properly trained.** I agree to abide by any decision of a race official relative to my ability to safely complete the run. **I assume all risks associated with running in this race** including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, **waive and release Vermilion Fourth of July 10K Run/3 Mi. Walk, City of Tower, and all sponsors, their representatives and successors from all claims or liabilities of any kind** arising out my participation in this event even though that liability may arise out of negligence of carelessness on the part of the persons named in this waiver. All fees are nonrefundable. **Mail forms and payment to: Friends of Vermilion Country School, PO Box 636, Tower, MN 55790.**

Signature (Parent or Guardian if participant is under 18)

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