

WALK FOR WELLNESS

Race For Recovery

2015 5K Registration Form



5K Race Date: Saturday, September 26, 2015

Location: Ada Hayden Heritage Park (5205 Grand Avenue, Ames IA)

Check-in between 8:00-8:45 AM; Race begins at 9:00 AM

Last Name _____		First Name _____		MI _____
Mailing Address _____				Apt No. _____
City _____		State _____	Zip Code _____	
Phone Number _____	Email: _____	Gender (circle one): Male Female		
Date of Birth: _____/_____/_____	T-shirt Size (circle one only): S M L XL XXL XXXL			

Walk for Wellness, Race for Recovery Entry Fee is **\$10.00**. All participants will receive a t-shirt, plus snacks and activities following the race. Pre-registrations are due September 14, 2015. Late or same-day registration is allowed, but t-shirts may not be immediately available. Participants **MUST** be at **check-in before 8:45 AM on September 26, 2015**.

Cash Check (payable to: Community and Family Resources) Credit Card (complete below)

My employer is a *Platinum Sponsor* (Entry Fee Waived): **Employer Name** _____

Name on Credit Card _____		Credit Card Billing Zip Code _____	
Card Number _____	CVV2/Card Code _____	Expiration Date: Month _____ Year _____	
Date _____	Signature X _____		

RELEASE AND WAIVER

The undersigned does hereby represent that they are physically capable of participating in a walk/run event without causing injury to themselves or others and does hereby release and waive any claim for injury, damages, death or any other foreseen or unforeseen consequence as a result of participation in the walk/run event and specifically releases and waives said claims against any and all sponsors of said event including but not limited to Community & Family Resources and the City of Ames, Iowa. The undersigned further represents that he/she is fully competent to sign this waiver and is of legal age. **In the event the undersigned is a minor, the minor's parent or guardian has signed** and agreed to be bound by all of the terms of the release/waiver. The undersigned and/or parent/guardian agree that they will never make or bring any claim for damages or injury arising out of the participation in said walk/run and fully assume any and all risk associated with participation in the walk/run event. This release and waiver is binding on all heirs and/or beneficiaries and may not be voided under any circumstances.

Signature X _____ **Date** _____

For more information, visit www.cfrhelps.org, call 515-232-3206, or email sallyc@cfrhelps.org

Submit form and payment to:
Community & Family Resources,
1619 South High Avenue Ames, Iowa 50010