

Pregnancy Help Center serving the Lake of the Ozarks 5K/Walk for Life

Registration Form for 5K (3.1 miles) Run or Walk

Saturday September 14, 2019

Run will begin promptly at Wood's Supermarket (2107 Bagnell Dam Blvd. Lake Ozark, Mo. 65049) at 9:00 A.M. Run Day Registration starts at 7:00-8:15 A.M.

Run age categories: 6-11, 12-16, 17-30, 31-50, over 50 men's and women's awards

Pre-Registration Packet Pick-Up 4:00 to 6:00 p.m. Sept 13th @ Pregnancy Help Center

1. Registration fees - 5K run \$20.00 (in advance), \$25.00 (day of the run), Walkers any donation is acceptable. Advance registration is appreciated. A separate registration form is required for each entrant.
2. If you are asking friends/family to sponsor you as a walker or runner see separate "Sponsor Pledge Information" form.
3. Payment can be made in the following forms: cash or check. Checks should be made payable to the Pregnancy Help Center.
4. Waiver, Release, and Indemnification of liability: In consideration of this entry, I the undersigned, intending to be legally bound, hereby for myself, my heirs, my executor and administrators, waive and release any and all rights and claims or damages I may have against the Pregnancy Help Center serving the Lake of the Ozarks, Paul's Supermarket, and their affiliates, subsidiaries, officials and representatives, successors, volunteers, and assign for any and all injuries suffered by me in said event. I attest and verify that I am physically capable of completing the run/walk. I hereby consent to receiving medical treatment, which may be deemed advisable in event of injury, accident, or illness during the event. Further, I hereby grant full permission for the free use of my name/ or photograph or any other record of this event for any legitimate purpose.

Put X by type of participation ___Runner ___Walker ___Donation only

Signature_____ Date_____

Print Name_____

Address _____

City, State, Zip code _____

Phone # _____

Email_____ How did you hear about the event? _____

Gender: M/F Shirt Size _____ (Runners \$0 / Walkers \$5) Age (Runners only) _____

Checks: Please make your checks payable to Pregnancy Help Center.

Maryetta Dennis, Business Manager

Pregnancy Help Center 5K/Walk for Life

P.O. Box 384

Camdenton, Mo. 65020