



Race for Rescues Fun Run

- Registration Form •

Please join us May 4, 2018
for the Race for Rescues
5K Run and Walk
Sertoma Park, Shelter 7

- Registration cost is \$35 for either the run or walk
- Race day registration and packet pickup will be at Sertoma Park, Shelter 7 from 6-6:50 p.m.
- Start time: 5K run and walk start at 7 p.m.

- Race will start at Sertoma Park, Shelter 7

Prizes will be awarded to the 1st, 2nd, & 3rd male and female finishers and the fastest child (ages 14 and under).

*If you would like to participate but cannot make it to the event, sign up for the Virtual Option. You can complete the 5K on your own time, on your own course, or even on a treadmill. No proof of time or distance is necessary. Your purchase will still help the animals at CDHS! *Virtual walkers and runners will not be awarded prizes.*

Race time: 5K run and walk start at 7 pm

Please make checks payable to Central Dakota Humane Society (CDHS) or register on the website at: www.cdhs.net

Please send complete registration form to: Central Dakota Humane Society, 2104 37th Street, Mandan, ND 58554

Name: _____ Age on Race Day: _____

Address: _____ City, _____ State, _____ Zip _____

Gender: M [] F []

E-mail: _____ Phone: _____

T-Shirt Size: S [] M [] L [] XL [] XXL [] Registration for: 5k run _____ 5k walk _____

Waiver: I know that running/walking a road race is a potentially hazardous activity. I assume responsibility for all risks associated with participating in this event, including but not limited to: falls; contact with other participants or spectators; the effects of weather including cold temperatures; traffic or the conditions of the race course, including snow and ice. I hereby, for myself, my heirs, personal representatives, and anyone authorized to act on my behalf, waive and release the Central Dakota Humane Society, and any other race officials, sponsors, donors, volunteers, and any other individuals or entities associated with this event from any and all claims or liabilities of any kind arising out of my participation in this event. I attest that I am in adequate health for this event and that I may be removed from the race if my health is endangered or I do not follow the rules of the event. I grant permission to the organizers of this event to use photographs or other record of me in this event for any legitimate purpose.

Signature of Participant/Parent or guardian's signature if under 18 _____ Date _____