

First Name _____ Last Name _____

 Male Female Date of Birth _____ / _____ / _____ Age on Race Day _____

Address: _____

City _____ State _____ Zip _____

Participant Email: _____

Family / Team / Organization _____**I will participate in:** (circle one)

- Timed 5K RUN Timed 5K WALK NOT Timed 5K WALK Timed 10K RUN
 Kids Fun Run Age 0-3 Age 4-6 Age 7-9 Age 10-12

My shirt size is (circle one)

- Adult** Small Medium Large X-Large XX-Large **(Extra \$1 Charged)**
Youth Small Medium Large

REGISTRATION FEES - (Checks payable to: **KU Endowment Association – HG5K**)

\$ _____ **\$10 per Child – if adult size register as an adult**
 (Race Day Registration shirts are Not Guaranteed)

\$ _____ **\$28 ending August 29, 2022**

\$ _____ **\$30 ending September 9, 2022**

\$ _____ **\$32 Race Day September 10, 2022**

\$ _____ **\$1 Extra for XX Large T-Shirt**

\$ _____ **Additional Donation Tax ID #48-0547734**

\$ _____ **TOTAL AMOUNT ENCLOSED**

- Correct entry fee for cut-off dates must accompany completed registration and is non-refundable.
- Registrations postmarked after Aug. 29, 2022 cannot be guaranteed
- T-Shirt not guaranteed on race-day entry registrations

Print & Mail to:**Race Director – HG5K****P.O. Box 26046****Overland Park, KS 66225****RELEASE AND WAIVER**

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against La Paloma Plaza, Helen Gold Event, RaceDay Timing Solutions, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running / walking a road race is a potentially hazardous activity. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in participating in this event. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to La Paloma Plaza, Helen Gold Event agents, to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, video-graphic or electronic recording of this event for legitimate purposes.

Signature of Participant – If under 18 Parent or Guardian

Date: _____ 2022