

**6<sup>th</sup> Annual Healthy Hearts 5K**  
**May 15th, 2016**

**Name:** \_\_\_\_\_ **Age the Date of the Race:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Gender:** M \_\_\_\_\_ F \_\_\_\_\_

**Shirt Size:** [ ] S [ ] M [ ] L [ ] XL

**Registration Fees:**

\$10 for an individual or \$20 for a team with up to 4 members. \$5 more per person after 4  
If possible present team registrations together.

What's your team name? \_\_\_\_\_

I would like to make an additional donation to the Tuesday Night Garden \$ \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

**Make checks payable to:** RVHCC

**Return forms to:** RVHCC, PO Box 86, Rumford, ME 04276

**E-mail for more information:** *rvhccwitas@gwi.net*

**RACE WAIVER – PLEASE READ AND SIGN**

I know that running in a 5K run/walk is a potentially hazardous activity. I will not participate 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 event. I assume all risks associated with running this event, including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and conditions of the road, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release River Valley Healthy Communities Coalition, sponsors, volunteers, municipalities, their representatives affiliates subsidiaries, principals agents, officers, employees and successors from all claims or liability of any kind arising out of my participation in this event or it's related activities which I or my successors, assigns or heirs may ever have now or in the future against any of them. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Applications for minors will be accepted only with a parent's signature and all children participating in the 5K run/walk under the age of 12 must be accompanied by an adult for the duration of the event.

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/guardian of participant under the age of 18

\_\_\_\_\_  
Date