



Rebel Run Race Use: Bib #

5K Rebel Run/Walk Registration

 First Name Last Name

 Address

 City State Zip Code

 Email Address Phone Number

 Birthdate Age

Male _____ Female _____

Shirt Size (circle one) Youth Medium Youth Large
 Adult Small Adult Medium Adult Large Adult XLarge

Race Category (circle one) Elementary School Middle School High School Adult
 Elementary School Relay

<p><u>For Freeman Student Athletes only:</u> Please indicate which team you are representing: _____</p>

Registration fee: \$25
 Register by March 11 to guarantee your race T-shirt. Online registration will be available through March 24. We will take walk-up registrations on Race day, but with cash or check payment only.

If returning by mail, please send your check (made payable to DSF Athletic Boosters), completed registration form **AND** waiver to:

Megan McCreary
 1521 Helmsdale Drive
 Richmond Va 23238

You will not be able to participate if a waiver is not completed and returned.



5K Rebel Run/Walk Waiver

In consideration of being permitted to participate in this event, I hereby agree to comply with the rules and regulations of the event and the instructions of the event director. I am aware that the event and related activities is difficult and hazardous for even well-conditioned athletes under the most favorable conditions. I understand that there is danger inherent in the event that could cause injury or death to me, damage to my property and the same types of damage or loss to any other participant. I appreciate these dangers and I acknowledge that participation in event activities is AT MY OWN RISK. I hereby consent to receive and agree to pay for any medical and emergency treatment that is administered if I am involved in an accident or become ill or otherwise subject to examination or treatment. I have inspected my equipment, I have assessed my abilities and my physical condition, and I have considered the terrain and other conditions. I represent that I am physically fit, sufficiently trained and competent in the activities I will participate in, and that I have no illness, infirmity or disability that should preclude me from participating in highly strenuous activity under extreme conditions. I, on behalf of myself and my assigns, heirs, devisees and estate, hereby covenant not to sue and unconditionally release, discharge, and agree to hold harmless the event sponsors and their affiliates and subsidiaries, along with each of their officers, directors, employees, agents and contractors, from any or all claims, judgements, costs, damages, losses, expenses and liabilities (under a theory of contract, warranty, tort (including negligence (whether active, passive or imputed), strict liability, product liability or an other theory) relating to any claim I may now or hereafter have with respect to any death, personal injury, property damage, pecuniary loss or other loss, damage, cost or expense that may be suffered by me or any third party in connection with participation in the event and related activities, receipt and use of sponsor products, and any use by sponsors of my name, visual likeness or biographical data, even if such harm is caused solely by the recklessness, negligence or fault of one or more released parties. I specifically understand and agree that this release will prevent me from bringing a lawsuit or other action against any released party and from recovering money damages or other legal relief from and released party in connection with any of the released claims. Freeman High School and event sponsors can use any event photos of you participating in the Freeman Rebel Run for marketing purposes.

Signature

Date

Guardian Signature (if under 18)

Date