

Saturday, July 20, 2019

Registration Fees

	Individual	
Pre-Registration Fee	\$15.00	
Registration Fee Day of Race	\$25.00	

- **☆** Check In the day of race begins at 7:00 AM
- * Race begins promptly at 8:00 AM

★ Age Categories are:

Seniors (60+) - Men & Women

Adults (18+) - Men & Women

Teens (13+) - Boys & Girls

Children (12 and under)

For additional information please call Devin Nevels at 816-540-3135



5% Registration Form

PERSONAL INFO					
Last Name	Fi	rst Name			
Address (City/State/	Zip)				
Email Address		Phone #			
Gender (Circle One)		Age			
Male	Female				
Shirt Size (Circle One)					
Youth Small	Adult Small				
Youth Medium	Adult Medium	Other			
Youth Large	Adult Large				

TEAM INFO (Enter if applicable)			
Team Name			

REGISTRATION FEES (Circle Event)						
	Month Held	Pre-Registration				
5K Run/Walk Events		Kids	13 & Over	Early Reg. Deadline		
National Trails Day 5K	June 2nd	\$15/Participant	\$15/Participant	TBD		
Cass County Fair	July 14th	\$15/Participant	\$15/Participant	07/20/2019		
Midnight Moonlight	September 14th	\$15/Participant	\$15/Participant	09/08/2018		
Individual's Name - See Bottom			•	TBD		

* Late registrations are subject to a \$10 late fee. This includes the day before AND the day of the race

** Day-of registration starts 1 hour before the race

RELEASE/WAIVER

I understand that running a road race is potentially hazardous activity. I should not enter unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course. I assume the risk of walking or running in traffic. I also assume any and all other risk associated with walking or running in this event including, but not limited to falls, contact with other participants, the effect of weather, the condition of the roads all such risks being known and appreciative by me. Knowing these facts and in consideration of you accepting my entry, I hereby myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not sue and waive, release, and discharge the City of Pleasant Hill and anyone else in conjunction with the 5K Run/Walk, their agents, employees, assigns, or anyone acting on their behalf from any and/or all claims or liability of death, personal injury, or property damage of any nature whatsoever arising out of or in the course of my participation in the event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known, or unknown. Minor applicants (18 years & Under) will be accepted only with a parent/guardian signature.

Signature (Parent or Guardian if under 18 years of age)	Date
X	