

RUN FOR HOPE 5K

May 14
2016
8:00 a.m.

Run For Hope 5K Offline Registration Form
Cost for registration varies with date; check timeline for current rate.

Race Registration Cost Timeline (Check or Cash Only)

Adults		Children	
Until March 31	\$27.00	Until May 14	\$15.00
Until May 12	\$30.00	Ages 6 - 12	FREE
May 13 & 14	\$40.00	Ages 0 - 5	FREE
(no registration required for ages 0-5 unless a t-shirt, race bib, or swag bag is desired)			

make check out to
Foundation for Early Childhood Family Services, ISD 196

mail payment & form to
Foundation for Early Childhood Family Services, ISD 196
PO Box 241507
Apple Valley, MN 55124

Check or cash only. If cash, you must provide exact change. You can mail this form & payment to the address to the left or drop the check/cash off at Valley Natural Foods (13750 County Road 11, Burnsville) to the attention of Erin Erickson or at the main counter when you enter Dakota Valley Learning Center (4679 144th St W, Apple Valley) to the attention of Jenna Ruble.

Last Name: _____ **First Name:** _____ **Sex:** _____

Birth Date: _____ **Age (on May 14):** _____ **Telephone #:** _____

Street Address (include Apt. #): _____

City, State, Zip Code: _____

Email Address: _____

PLEASE NOTE: TEAM REGISTRATION IS NOT AVAILABLE WITH OFFLINE REGISTRATION.

T-Shirt Size (Select one size only)

Adult Sizes

Small
 Medium
 Large
 X-Large
 XX-Large
 (extra \$3.00 cost)

Child Sizes

Small
 Medium

WAIVER. I am participating at my own risk and waive all claims of every nature against the organizers, officials, sponsors, and any other participating agencies with respect to any personal loss, illness, bodily injury or death resulting from participating in these activities. I also fully understand the rigors of such competition and have prepared myself physically for the race. At the time of registration, I will inform the race organizers regarding any relevant medical condition. I agree to follow the rules which govern road racing. I, the undersigned, have read the above waiver and release, and understand that I have given up substantial rights by signing it, and sign it voluntarily. I grant to Valley Natural Foods and its sponsors and licensees the exclusive right to the free use of my name, voice and/or picture in any broadcast, telecast, advertising, promotion or other account of this event. I acknowledge that my entry fee is non-refundable and non-transferable, even if the race is cancelled or the course is changed. Having read this waiver and release from liability form, and knowing these facts, and in consideration of your accepting my entry and/or my child's entry, I for myself and/or my child, and anyone entitled to act on our behalf, waive and release Valley Natural Foods, race day volunteers, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation and/or my child's participation in this event.

For more information: valleynaturalfoods.com/runforhope5k

Signature (by parent or legal guardian if participant is under the age of 18): _____