

# Fast Flat & Free

## 5K Race

**Date: 9-2-17**  
**Registration begins at 7:00am**  
**Race Start Time: 8:00 am**  
**Where: Elks Park Rangely, CO**  
**For more information call 970-675-8211**

**Last Name:** \_\_\_\_\_ **First** \_\_\_\_\_

**Birth Date:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** M F **Race #** \_\_\_\_\_

**Waiver: I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims that I have against the Western Rio Blanco Metro. Recreation & Park district, its respective agents or representatives, for any and all injuries that occur during this activity.**

**Parent Signature (if participant is a minor)** \_\_\_\_\_

**Participant Signature** \_\_\_\_\_ **Date** \_\_\_\_\_