

# Fast, Flat, & Free 5K Walk/Run

## REGISTRATION FORM

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

Birth date: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F Bib Number: \_\_\_\_\_

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.

Participant Signature: \_\_\_\_\_

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

Date: \_\_\_\_\_