

# ADULT 5K RUN REGISTRATION FORM ADULT

2019 Mendo Human Race | Saturday, May 4<sup>th</sup>, 2019

**Registration fee for the run is \$30.00 (if registered BEFORE: \_\_\_\_\_, 2019)**

Fill out form COMPLETELY. In order to be scored you must enter your age.

Make checks payable to **The Human Race.**

Mail Entry Form and Fee to: Mendo Human Race, 413 North State Street, Ukiah CA 95482



Please send or drop off or mail this form to: **North Coast Opportunities c/o The Mendo Human Race**  
413 North State Street, Ukiah CA 95482 or fax it to (707) 462-4862

CIRCLE ONE: SEX: M F

AGE: \_\_\_\_\_

LAST NAME: \_\_\_\_\_ FIRST: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Team: \_\_\_\_\_



X  \_\_\_\_\_ DATE \_\_\_\_\_

**ALL ENTRANTS MUST SIGN WAIVER ( Parent / Guardian if under 18 )**

## RELEASE AND WAIVER OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

**FOR GOOD AND VALUABLE CONSIDERATION**, including permission to participate in 5k Run and related activities, I, for myself, my successor, heirs, assigns, executors, and administrators:

1. Agree that prior to participating I will inspect the facilities, equipment and areas to be used, and, if I believe any of them are unsafe, I will immediately advise the person supervising the event, activity, or area;
2. Acknowledge that I fully understand that my participation may involve risk of serious injury or death, including economic losses which may result not only from my own actions, inactions, or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, the rules of play, or this type of event or activity
3. Assume any and all risks of personal injuries to myself, including medical or hospital bills, permanent or partial disability, death and damage to my property, caused by or arising from my participation in this event or activity;
4. Covenant not to sue or present any claim for personal injury, property damage, or wrongful death against North Coast Opportunities Inc. and Alex R. Thomas Plaza/City of Ukiah, their officers, agents or employees, and agent attributable to my participation in the event or activity;
5. Release, waive, discharge and relinquish North Coast Opportunities Inc. and Alex R. Thomas Plaza/City of Ukiah, their officers, employees, and agents from any liability, loss, damage, claim, demand or cause of action against them arising from or attributable to my participation in the event or activity, whether same shall arise by their negligence or otherwise;
6. Agree that photographs, pictures, slides, movies, or videos of me may be taken in connection with my participation in this event or activity without compensation from Alex R. Thomas Plaza/City of Ukiah or North Coast Opportunities Inc. and consent to the use of these photographs, pictures, slides, movies, or videos for any legal purpose;
7. Warrant that I am in good health and have no physical condition that would prevent me from participating in this event or activity;
8. Acknowledge that Alex R. Thomas Plaza/City of Ukiah and North Coast Opportunities Inc. are not joint sponsors joint ventures, partners, or otherwise jointly engaged in the above-named event or activity.

**THIS DOCUMENT RELIEVES NORTH COAST OPPORTUNITIES, INC. AND ALEX R. THOMAS PLAZA/CITY OF UKIAH AND OTHERS FROM LIABILITY FOR PERSONAL INJURY, WRONGFUL DEATH AND PROPERTY DAMAGE CAUSED BY NEGLIGENCE. I HAVE READ THIS DOCUMENT, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN VOLUNTARILY.**

PRINTED NAME

SIGNATURE

DATE

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_