

RW5K 2019 LIFE IS GOOD IN THE WOOD

FRIDAY, APRIL 26 at 6PM

REGISTER ONLINE AT: WWW.LIFEISGOODINTHEWOOD.COM

ONLINE REGISTRATION ENDS ON APRIL 25

- REGISTRATION FEES** Fee includes t-shirt with registration by April 12
- Adult: (18 & up) \$30 (\$35 after April 12)
 - Child: (17 & under) \$15 (\$20 after April 12)
 - Family: 4 or more, must reside in same household \$85 (\$95 after April 12)
 - Remember to pre-purchase your Austin's pizza, salad & drink for just \$7 below!

- PACKET PICK-UP** Pick up your t-shirts and race numbers at Rollingwood City Hall, 403 Nixon Dr
- Wednesday, April 24: 3pm to 5pm
 - Thursday, April 25: 5pm to 7pm
 - Friday, April 26: 3:30pm to 5:30pm

RACE DAY **6PM: RACE STARTS!**
6 to 8:30pm: Music, Children's Activities, Food

★ Dogs on leashes and strollers are welcome but will be asked to stage behind the group of runners at the race start. Due to safety concerns bikes, scooters, skateboards, push wagons or bikes will not be permitted on the race course.

PAPER REGISTRATION: Drop this form and your check at City Hall. Make checks payable to Rollingwood Women's Club.

Participant name:	Age	Pre-paid Meal	T-shirt Size*	Reg Fee Due
1.				
2.				
3.				
4.				
5.				
6.				

*T-shirt Sizes: AXXL, AXL, AL, AM, AS YL, YM, YS

of registrants = _____ # of \$13 meals = _____ Total \$ due = (reg fee + meals) _____

Email: _____ Phone: _____

Liability Release: I, the undersigned, am aware that participating in an event such as a training to run or walk/run, is a potentially hazardous activity, and that I, (or my child, if I am signing as parent or guardian) should not so participate unless physically able. I verify that I am (or my child is) medically fit to participate, and will have sufficiently trained for the event prior to participation. I (and my child, if I am signing as parent or guardian) agree to abide by the rules and decisions of any event officials relating to participation, and assume all risks associated with participation in the event and any associated event or activities, including but not limited to, falls, contact with other participants, effects of the weather such as high heat and/or humidity, traffic, road conditions, all such risks being known and appreciated. In consideration of acceptance of this entry fee, and intending to be legally bound, I (and my child, if I am signing as parent or guardian) and any one entitled to act on my (or our) behalf(s), assume all risks associated with participation, and waive any and all claims whatsoever against, and fully release Rollingwood Women's Club, program coaches, program volunteers, and all Program promoters, and sponsors, and their representatives and successors, from all claims, damages, or liability of any kind arising from my (or my child's) participation in this event. I grant full permission to any and all of the foregoing to use my (and my child's) name, or photographs, videotapes, or other recordings or participation in this event, without obligation or liability to me (and my child). I also understand that entry fees are not refundable. I have read this agreement carefully, understand it, and certify my agreement by my selection above.

Participant Signature (Child registration signed by Parent or Guardian): _____