

Saturday, September 29 * Pillager High School * Pillager, MN
10th Annual
Pound the Pavement
5K Run/Walk

Detach and return with \$20 registration fee by September 14, \$25 thereafter.
 Send check to :Pillager High School
 Attn. Terry Hollingsworth
 323 East 2nd Street South, Pillager, MN 56473

Race starts at 8:00
 Sign-in at 7:15 am
 at door H on the south side
 of the Pillager School
 Proceeds go to the
 Pillager Cross Country team

In consideration of being permitted to participate in this run/walk event, for myself and my personal representatives, I release, discharge and covenant not to sue Pillager School, or its officers, sponsors, advertisers, or the owners and leases of the premises on which the run/walk is conducted, and each of them and their respective officers and employees (all referred to collectively as "releases"), from any and all liability to me or to my personal representatives, and from all loss or damage, and any claim or damage, on account of injury to person or property or death, regardless of cause. I assume full responsibility for all risk of bodily injury, death or property damage due to negligence of Releases or otherwise while in or on the course. I agree that I have adequately prepared for the run/walk and am physically fit to compete or participate in this event. I expressly agree that this Release is intended to be as broad and inclusive as permitted by the laws of the State of MN, and that if any portion of the agreement is held invalid, the balance shall, notwithstanding, continue in full legal force and effect. I have carefully read this Release, know its contents and sign this Release as my own free act, and agree that the terms of this Release are contractual and not a mere recital.

Signature _____

Parent/Guardian Signature (if under 18) _____

Name		Date	<input type="checkbox"/> Male <input type="checkbox"/> Female		
Phone		Email			
Address (c,s,z)					
Age on race day		1st 5K?	<input type="checkbox"/> Y <input type="checkbox"/> N	Shirt	(circle size) S M L XL 2X