

11th Annual Freedom 5K Trail Run

4th of July 2017

8:00 am

Nevada Union High
Benefitting the Nevada

Runners: \$25 Walkers:
First 150 registered receives

★★★ Online



School Grass Valley
Union Track & Cross Country Teams

\$15 Under Age 10: \$15
a commemorative item

Registration: www.nurunners.com ★★★

★★★ Race Day Registration: 7:00 a.m. to 7:45 a.m. ★★★

ONE ENTRANT PER REGISTRATION FORM, PLEASE.

Fill out completely and send with check or money order made payable to: **NU Runners Booster Club**

For information: call (530) 263-2952 or email to matthew3208@earthlink.net

MAIL TO: Freedom Run Registration, 14011 Ash Road, Grass Valley, CA 95945

Name: _____ Phone: _____

Address: _____ City _____ St _____

Email: _____ Sex: M F

Birth Date: _____ Age On Race Day: _____ Runner \geq Walker \geq

Age Group: 10 & under 11-14 15-18 19-29 30-39 40-49 50-59 60-69 70-79 80 & over

PLEASE READ, SIGN & DATE:

I know that running and walking in races are potentially hazardous activities. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to any ability to safely complete the run. I assume all risks associated with running/walking in this race, including, but not limited to, falls, contact with other participants, the effects of the weather, high heat and/or humidity, the conditions of the roads and trails, and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my application for this race, I, for myself and anyone entitled to and on my behalf, waive and release Nevada Union Runners Booster Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I attest that I am physically fit and sufficiently trained for this competition. As part of this waiver, I acknowledge that I have read and understand all of the above.

SIGNATURE: _____ DATE: _____

Parent or Guardian Signature for Participants under 18

DATE: _____