

C.O.W. Festival 5K and 1 Mile Predict Race

July 13th, 2019 *Registration @ 6:15 am, 5K @ 7:15 am, 1 Mile @ 8:15 am*

Hosted by: NCYC Youth Group, St John Catholic Church

Participation Waiver for Race Registration

Race Rules:

- 1) Start and finish at the designated lines at the ballfields & follow the designated path.
- 2) Be respectful of other participants, the volunteers, and the neighborhoods in the path.
- 3) No wheels: bicycles, in shoe skates, roller skates, roller blades, skateboards, et ectara, in the race(s).
- 4) No animals in the race(s).
- 5) No timing device (e.g. watch/phone/stopwatch) are allowed in the 1 mile predict.

I know that running (&/volunteering for) a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event and am in good health, and am properly trained. I agree to abide by any decisions of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever.

I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running this event, including but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades and animals are not allowed in either race. No watches, phones or other timing devices are allowed in the 1 Mile Predict Race.

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the COW Festival, NCYC, St John Church, 5K & 1Mile Predict Race, the City of Spearville, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____

Printed Name: _____ Age: _____

Address: _____ Phone: _____

Adult Shirt Size: Small Medium Large XLarge

(Those who submit prior to July 6th will have t-shirt on the day of the race. All others will be mailed/delivered.)

Race: 5K 1Mile Predict Both (\$20/participant covers both) Amount included: _____

Please make checks out to St John NCYC. Drop registration and payment at Spearville City office or Mail to: NCYC Youth c/o Mary Benjamin, 10955 132 Rd Spearville, KS 67876. Questions: Mary 620-385-0219 cell

Thank you to our sponsors! Best Water of Dodge City, Dillons of Dodge City