

## ***REGISTRATION***

Circle: ***RUNNER*** or ***WALKER***

Fees: **\$25** for runners & walkers, **\$30** day of race

Shirt Size Circle: (Adult Sizes) **S M L XL XXL**

(Deadline 3/21/18 for guaranteed shirt)

Name: \_\_\_\_\_

Age at time of race: \_\_\_\_\_ Gender: ***M / F***

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

# **MOVE IT**

**FOR**

# **MANNA**

## **5th Annual**

## **5K Run/Walk**

## **Saturday, April 7, 2018**

Please make checks payable to ***Penbrook United Church of Christ*** and note ***"Move-It for Manna"*** in the Memo Field on the check.

Send registration form and check to Penbrook United Church of Christ, 56 Banks St., Harrisburg, PA 17103

### **Waiver – Please Read Carefully!**

By indicating your acceptance you understand, agree, warrant and covenant as follows: I know that participating in the Move It For Manna 5K Run/Walk is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in Move It For Manna activities including, but not limited to falls, contact with other participants, the effects of the weather, traffic, and the condition of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release any and all sponsors including but not limited to, Penbrook United Church of Christ, race official volunteers and all sponsors, their representatives, and successors from all claims and liability 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 any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. There are absolutely NO refunds or transfers.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

(Parent or guardian signature if less than 18)