

BUMFS 2013 Apple Stomp 5K Run/Walk
Saturday September 28, 2013 – in Keyser, W.Va.
Entry Form

Name: _____ Sex: M F Age: _____

Address: _____ City, State, Zip: _____

Phone Number: _____ Email _____

T-Shirt Size: _____ (Adult sizes S – XL only)

Event (circle one): **5K Run \$25 / 1 mi. Walk \$10** (noncompetitive) **1/2 mile Kids Run \$10**
(T-shirt for each participant if registered by Sept. 20)

Participation Waiver

I know that running 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 I am properly trained. I agree to abide by any decision of a race official relative to any aspect of 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 in this event, including but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; traffic and the conditions of the road, including potholes, [insert road risks here], all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. 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 2013 Apple Stomp, the city of Keyser, WV, and Burlington United Methodist Family Services, Inc., 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/Guardian's Signature (if under 18 years of age): _____
Date: _____

Please return this completed form with the registration fee to the following address no later than Friday September 20, 2013

PRDM Attention 5K
RR3 Box 3122
Keyser, WV 26726

- The race will begin at 8:30 a.m. On-site registration will begin at 7:00 at the South End Park Carskadon Lane Keyser, WV
- Any questions call Redemption Russin at 304-788-1953 or email russin@bumfs.org