

# Crystal Springs Cowboy Up Rodeo 5K Run/Walk

June 24, 2017

9:00 AM

Check in: starts at 8:00 AM at the Deuel County Fair Grounds

I plan to:  Run  Walk

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender \_\_\_\_\_

**T-Shirts** will be provided to all **pre**-registered runners. Those registering after the 16<sup>th</sup> and on race day will receive shirts on a first-come first-serve basis. Available sizes are:

ADULT T-shirt size:                    S            M            L            XL            XXL (Circle One)  
Kids T-shirt size: (circle one)            M            L (Circle One)

**Payment**

Pre-registration until 6/16/17                    \$25.00  
 Registration after 6/16/17                    \$30.00

Checks payable to: **Deuel Post Prom**

**Waiver:** I hereby declare, assert and affirm that participation in Deuel Post Prom 5K Run/Walk is done having voluntarily and knowing assumed ALL RISKS involved in this Special Event. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardio-respiratory system including heart arrhythmia, heart attack, stroke, and sudden death. In consideration of acceptance of this contract allowing my participation in the above stated Special Event and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators and assigns, WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above stated Special Event.

Print Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Parent/Legal Guardian must sign if participant is under the age of 18

**Return your completed form by June 16 to guarantee a t-shirt.**

- You can drop off your registration and payment at:**
- Clear Lake Courier through June 16**
- Deuel County Cenex Convenience Store through June 16**
- ITC through June 16**
- Registrations completed after June 16 must be mailed to:**
- Deuel Post Prom c/o Cindy Damm 46747 SD Hwy 22 Clear Lake, SD 57226**
- Or you can bring it on the day of the event**