

Crystal Springs Cowboy Up Rodeo 5K Run/Walk

June 25, 2016 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 on race day will receive shirts on a first-come first-served 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 6/20/16 \$25.00

Registration after 6/20/16 \$30.00

Checks payable to: **Deuel Post Prom**

Rodeo Clowns and possibly bull fighters from the Crystal Springs Rodeo will be available to sign t-shirts at 10 am.

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

More forms are available at: https://cardinals-deuel.k12.sd.us/postprom/_layouts/15/start.aspx#/

Return your completed form by June 15 to guarantee a t-shirt to:

Deuel Post Prom % Julie Donahue 707 10th Ave S Clear Lake, SD 57226 or it may be dropped off at ITC Telephone in Clear Lake.