

WALLACE COUNTY RECREATION
Couch to Sunflower 5K
June 3rd - July 27th

Entry Fee: \$20 - Checks Payable to the Wallace County Rec

*if challenge is completed registration for the Sunflower 5k will be waived. If unable to attend the event you'll receive the event shirt.

Saturday mornings @ 8:00am we will meet at the Sharon Springs High School track to complete the long runs. If you can't make it that's ok, but it's great for accountability!

Make sure you check in with Amber every Saturday after you've completed the runs for the week.

REGISTRATION

First Name: _____ Last Name: _____

Age: _____ Gender : Male Female

Email: _____ Phone: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Waiver of Liability

In consideration of the acceptance of my application for participation in the Wallace County Recreation, hereinafter "the Recreation," I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which hereafter accrue to me, against Wallace County, hereinafter "the County," as a result of y participation. This waiver is intended to discharge the County, its officers, officials, employees, equipment providers, and volunteers from and against any and all liability arising out of, or connected in any way with, my participation in the Recreation, even though that liability may arise out of the negligence or carelessness of persons or entities mentioned above.

Assumption of Risk

I further understand that participation in the Recreation is physically demanding and may give rise to accidents and injuries, including but not limited to cuts, bruises, strains, sprains, broken bones, concussions, heat illness, exhaustion, heart attack, paralysis and death. Knowing the risks associated with participation in the Recreation, I nevertheless agree to assume these risks.

Hold Harmless and Indemnification

I further hold harmless and indemnify the County, its officials, employees, equipment providers and volunteers who might otherwise be liable to me, or my heirs or assigns, for injuries or damages. It is further understood and agreed that this waiver, assumption of risk and hold harmless agreement is to be binding on my heirs and assigns.

Acknowledgement

By signing below, I acknowledge I have read this agreement and understand that I am giving up substantial rights including my right to sue. And I further acknowledge that I voluntarily consent and agree to all the provisions in this agreement.

FOR MINORS (UNDER 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent or legal guardian, have legal responsibility for this participant. I have read and understand the significance of this WAIVER OF LIABILITY, ASSUMPTION OF RISK AND HOLD HARMLESS INDEMNIFICATION AGREEMENT.

PHOTO RELEASE

I **DO** **DO NOT** give permission to Wallace County Recreation Department, to use photographs and video taken of me during the games and events associated with Wallace County Recreation Department in any manner to help promote the department's activities. Such use could include publications, media releases, announcements, electronic or otherwise, and on the Wallace County Rec Department's website or social media pages.

By Checking this box, I agree to the above waiver.

Signature (parent if under 18)

_____/_____/_____
Date

**RUN SCHEDULE
SATURDAY****MONDAY****WEDNESDAY**

6/3-6/8	RUN 1 MIN WALK 2 MIN FOR 21 MIN	RUN 1 MIN WALK 2 MIN FOR 21 MIN	RUN 1 MIN WALK 2 MIN FOR 21 MIN
6/10-6/15	RUN 1½ MIN WALK 2 MIN FOR 21 MIN	RUN 1½ MIN WALK 2 MIN FOR 21 MIN	RUN 1½ MIN WALK 2 MIN FOR 25 MIN
6/17-6/22	RUN 2 MIN WALK 2 MIN FOR 20 MIN	RUN 2 MIN WALK 2 MIN FOR 20 MIN	RUN 2 MIN WALK 1½ MIN FOR 21 MIN
6/24-6/29	RUN 2 MIN WALK 1½ MIN FOR 21 MIN	RUN 3 MIN WALK 1½ MIN FOR 23 MIN	RUN 3 MIN WALK 1½ MIN FOR 23 MIN
7/1-7/6	RUN 4 MIN WALK 1½ MIN FOR 22 MIN	RUN 4 MIN WALK 1½ MIN FOR 22 MIN	RUN 5 MIN WALK 1½ MIN FOR 20 MIN
7/8-7/13	RUN 5 MIN WALK 1½ MIN FOR 20 MIN	RUN 5 MIN WALK 1 MIN FOR 24 MIN	RUN 8 MIN WALK 1 MIN RUN 5 MIN WALK 1 MIN RUN 8 MIN
7/15-7/20	RUN 8 MIN WALK 1 MIN FOR 27 MIN	RUN 10 MIN WALK 2 MIN FOR 24 MIN	RUN 10 MIN WALK 1 MIN FOR 22 MIN
7/24-7/29	RUN 22 MIN	RUN 25 MIN	SUNFLOWER 5K RACE DAY