



BFCS Athletic Association 5K Run/Walk and Kids 1 Mile Fun Run

Saturday, November 10th at Cassidy Park in Bogalusa

Kids Fun Run will begin at 8:00 a.m. followed by the 5K run at 8:30 a.m.

Name _____ Age on race day _____ Male _____ Female _____

Address _____

Email _____ Phone# _____

5K Walk _____ 5K Run _____ 1 Mile Fun Run _____

T-shirt Size: Adult: S M L XL XXL --OR-- Youth: XS S M L

T-shirts guaranteed to those registered by October 26th.

Registration: Adults- \$20; Kids under 18- \$15; Day of- \$25

To register send form and check to:

BFCS 5K Attn. Derek Dantin

59253 Mt. Pleasant Road, Bogalusa, LA 70427

MAKE CHECKS PAYABLE TO: BFCS

Day of registration and packet pick-up: 7:00 - 7:45 a.m

- **Awards for 5K Runners: Overall Male and Female, Masters (40 and over)**
- **Awards for 5K Runners: Male and Female 3 deep in 10 year age groups**
- **Awards for 5K Walkers: Top three Male and Female walkers**

I know that running [volunteering for] a road race is a 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 in this event, including the right of any official to deny or suspend 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, all such risks being known and appreciated by me. 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 BFCS Athletic Association 5K Run/Walk event planners, Ben's Ford Christian School, the city of Bogalusa, 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's Signature if under 18: _____ Date: _____