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**Saturday, August 19, 2017**

**5k Start Time: 8:30 am**

Run or walk along the beautiful River Road

Start/Finish at St. Michael Public Works Bldg

3150 Lander Avenue NE, St. Michael, MN 55376

**USATF certified/sanctioned course, CHIP TIMED by Gopher State Events**

Fun prizes! Little Lambs (kids) Fun Run! *Butt*erflies Diaper Derby! (upon completion of 5K)

Balloons for the kids to celebrate Laurencia and Valencia’s 3rd birthday!

* Early Packet Pick-Up (optional) on

Friday, August 18 from 6-9pm at St. Michael Public Works Bldg

To Register online go to: **www.love5krun.zapevent.com** or **www.love5krun.org**

**L.O.V.E. 5k Run/Little Lambs Fun Run & Diaper Derby Entry/Registration Form p. 1**

- - - - - - - - - Detach here, **SIGN THE WAIVER ON PAGE 2 AND SEND TO**: - - - - - - - - - -

Katrina Witschen 12201 Armitage Avenue NW Monticello, MN 55362

Questions? Contact: laurenciasvictory@gmail.com

**Check may be written to: Laurencia’s Victory**

**5k Registration** (check one box only; please fill out separate form for each entrant, including Minors) \*ALL FEES NON-REFUNDABLE\*

 Prior to 9pm on August 1, 2017: $25.00 (includes t-shirt)

 After August 1: $30.00 (t-shirt not guaranteed)

 After August 1with $5.00 discount code: $25.00 (t-shirt not guaranteed) CODE:\_\_\_\_\_\_

***Butt*erflies Diaper Derby & Little Lambs Fun Run**: $5.00 (includes finisher medal on lanyard or prize and goody bag, no t-shirt)

 *Butt*erflies Diaper Derby (crawlers)  Little Lambs 5 & Under  Little Lambs 6-8  Little Lambs 9-11

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender: M F Birthdate:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SHIRT SIZE (for 5k Registrants): YS, YM, YL, YXL, ASM, AM, AL, AXL, AXXL, NONE

SHIRT COLOR: PINK GREY

Additional t-shirt at $15.00 each: YXS, YS, YM, YL, YXL, ASM, AM, AL, AXL, AXXL

Additional t-shirt color: PINK GREY

**Race hosted by Laurencia's Victory (www.laurenciasvictory.org), a 501(c)(3) nonprofit organization Tax ID 46-5505588.**

**In the event of severe weather or other circumstances out of our control, Laurencia's Victory reserves the right to cancel the Event**

**WAIVER ON PAGE 2 MUST BE SIGNED TO COMPLETE YOUR REGISTRATION**

**2017 L.O.V.E. 5k Run/Little Lambs Fun Run & Diaper Derby Entry/Registration Form p. 2**

**WAIVER MUST BE SIGNED AND RETURNED WITH YOUR REGISTRATION FORM (p. 1)**

For and in consideration of USA Track & Field, Inc. (“USA Track & Field”) allowing me or the Minor named below to participate in the USA Track & Field sanctioned event, the L.O.V.E. 5k Run (the “Event” or “Events”); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, or on behalf of any Minor participant or participants (“the Minor”) and the Minor’s parents/legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns of the Minor hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the “Agreement”)

1. (i) I am in good health and in proper physical condition to participate in the Event; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person’s physical and mental limits. 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 an Event 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 understand that bicycles, skateboards, baby joggers, roller skates or roller blades, and animals are not allowed in the Event. I understand and acknowledge the risks and dangers associated with participation in the Event and sport of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions including high heat and/or humidity; imperfect course or track conditions; traffic and the conditions of the road; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event,

or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event.

3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.

4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc., its members, member clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the Event Directors, Organizers and Promoters, Sponsors, Advertisers, Coaches and Officials; the Host Organization, Laurencia’s Victory and the City of St. Michael, MN, the Facility, Venue and Property Owners or Operators upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the “Released Parties” or “Event Organizers”), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

5. I understand that Laurencia’s Victory, and/or those authorized by Laurencia’s Victory, will be (i) taking photographs, (ii) making audio recordings and (iii) video recordings of the Event and its related events. I hereby irrevocably consent to and grant Laurencia’s Victory, and/or anyone authorized by Laurencia’s Victory the exclusive right to the ownership and use of any and all (i) photographs, (ii) audio recordings and/or (iii) video recordings containing my image or likeness, for any lawful purpose whatsoever in connection with the Laurencia’s Victory, the L.O.V.E. 5k Run and its related events without liability or obligation to me. I understand all fees are non-refundable.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

**Name of Participant\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Date**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Signature of Parent or Legal Guardian (if under 18**) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Date**:\_\_\_\_\_\_\_\_\_\_\_\_\_