

# LONG BEACH TURKEY TROT



**WAIVER AND ASSUMPTION OF RISK:** I, the undersigned, understand that there are risks associated with strenuous physical exertion and with this event and I've consulted with my physician about my participation. Risks include, but not limited to, those caused by bicyclists, strollers, in-line skaters, runners and walkers on the public beach bike path, terrain, weather, clothing, condition of the athlete, vehicles, other participants and failure to adequately hydrate and/or train. In consideration of your accepting this entry to participate in the 5K/10K Turkey Trot or Kids' Half-Mile Run (the "Event"), I hereby assume all risks associated with this event and I hereby waive, release and discharge Justin Rudd, the Community Action Team (CAT) and its officers, race officials, volunteers, the City of Long Beach, all sponsors,

their representatives and successors from any and all claims for damages for death, personal injury or property damage or actions of any kind which may hereafter accrue to me or any other person as a result of my participation in this event. Further, I hereby grant full permission to any and all foregoing to use any photographs, video or any other record of this event for any legitimate purpose. I authorize emergency treatment and transportation if necessary. **I understand you are adding my e-mail address to your runner's database. NOTE: The Long Beach Turkey Trot does not allow Native American costumes.**

**IF PARTICIPANT IS UNDER 18:** This is to certify that my son/daughter has my permission to compete in the 5K/10K Turkey Trot and/or Kids Half-Mile Run, is in good physical condition, and that race officials have my permission to authorize emergency treatment and transportation if necessary.

Name <small>print clearly</small>		Age <small>race day</small>	<input type="checkbox"/> Runner <input type="checkbox"/> Walker <small>no dogs</small> <input type="checkbox"/> Pushing Stroller <small>must start @ back of lineup, no double strollers at 7 or 8:30 a.m. start times</small>	<input type="checkbox"/> Male <input type="checkbox"/> Female
Phone	City/State		E-mail <small>we'll add you to our database</small> <small>print clearly</small>	
<input type="checkbox"/> 5K <input type="checkbox"/> 10K <input type="checkbox"/> Kids ½-Mile Wingding <input type="checkbox"/> 7 a.m. (\$40 cash only) <input type="checkbox"/> 8:30 a.m. (\$40 cash only) <input type="checkbox"/> 10 a.m. (\$40 cash only) <input type="checkbox"/> Kids ½-mile @ 9:40 <small>ages 8-12 ages, \$40 cash only</small> <input type="checkbox"/> Kids ½-mile @ 9:45 <small>7 &amp; younger, \$40 cash only</small> <input type="checkbox"/> Add \$10 for each add'l start time. <input type="checkbox"/> 7a.m. <input type="checkbox"/> 8:30 a.m. <input type="checkbox"/> 10 a.m.			<small>T-shirt size, choose one</small> <b>Youth</b> <input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL <b>Adult</b> <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL <small>add \$10</small>  <input type="checkbox"/> I'm upgrading to a long sleeve for \$10 more.	
Signature <small>Parent signature, if under 18</small>			Date	

<b>ADDITIONAL TAX-DEDUCTIBLE DONATION:</b>	<b>TOTAL:</b>
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