

# 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 will be available to sign t-shirts!!**

**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 10<sup>th</sup> Ave S Clear Lake, SD 57226**

**or it may be dropped off at ITC Telephone in Clear Lake.**