

Saturday, September 29th * Pillager High School * Pillager, MN
Pound the Pavement
5K Run/Walk

Sponsored by Pillager Public School Cross Country

Time: Saturday, September 29, 2012

10 a.m. start. Check-in 9:00 a.m. to 9:45 a.m. at
Pillager High School South Entrance

Cost: \$15 includes a T-shirt

Prizes: Awards for top 3 finishers in each age group.

Pre-registration is encouraged prior to the event.

Limited shirt availability on race day.

Questions about the race? Call 218-838-1185

Detach and return with \$15 registration fee. Checks payable to: Pillager Public School

Mail to: Terry Hollingsworth
 Pillager High School
 323 East Second Street South
 Pillager, MN 56473

WAIVER RELEASE: In consideration of being permitted to participate in this run/walk event, for myself and my personal representatives, heirs, assigns, and next of kin, and being of lawful age, I release, discharge and covenant not to sue Pillager School, or its officers, sponsors, advertisers, or the owners and leasees of the premises on which the run/walk is conducted, and each of them and their respective officers and employees (all referred to collectively as "Releases"), from any and all liability to me or to my personal representatives, heirs, assigns or next of kin, and from all loss or damage, and any claim or damage, on account of injury to person or property or death, whether caused by the negligence of treatment or service that may be rendered me while participating in the run/walk. I assume full responsibility for any risk of bodily injury, death or property damage due to negligence of Releases or otherwise while in or on the course of the run/walk, and while competing or for any purpose participating in the run walk. I agree that I have adequately prepared for the run/walk and am physically fit to compete or participate in this event. I expressly agree that this Release is intended to be as broad and inclusive as permitted by the laws of the State of MN, and that if any portion of the agreement is held invalid, the balance shall, notwithstanding, continue in full legal force and effect. Digital media may be used for such subsequent publication as may be deemed appropriate by the race committee for publication. I have carefully read this Release, know its contents and sign this Release as my own free act, and agree that the terms of this Release are contractual and not a mere recital.

 Signature Parent/Guardian Signature (if under 18) Date

Name _____ Phone _____

Address _____ E-mail _____

City _____ State _____ Zip _____

Age on race day _____ Check one Male Female

Circle Shirt Size (Adult) S M L XL 2XL