

Run With Heroes 2019 5K/10K

June 1, 2019 at 8 am

Merced County Animal Shelter

2150 Shuttle Drive, Atwater CA.

Runwithheroes@gmail.com (209) 658-0774

Mail in registration: 1029 Mallard Drive Merced, CA. 95340 until May 18, 2019

Registration includes: Unique T-shirt, Finisher's medal

*Family Friendly Event! *Music *Team Events * Kids Race *First Responder Equipment Display *Vendor Booths *Walkers Welcome in 5K *Free Parking

Start times: Registration: 6:45 am, 10K: 8am, 5K Run/Walk 8:15 am

First Name: _____ **Last Name:** _____

Address: _____

Phone number: _____ **Age** _____ **Sex: M__F**

Shirt Size: (not guaranteed to have sizes for day of event registration)

- **Adult: S M L XL XXL 3X 4X**
- **Event: Kids Race (Free-no shirt) __ 10K (\$35) __ 5K (\$35) __**
- **Prices increase to \$40 May 26, 2019 – Race Day**

**Raising awareness and funding for the West Coast Post Trauma
Retreat-treating first responders for PTSD, Depression, Burnout, etc.**

“It's ok to not be ok.”

LIABILITY WAIVER AND RACE AGREEMENT: I understand that I am participating in a running and walking event and that I should not participate unless I am medically able and properly trained to do so. I expressly and knowingly assume all extraordinary and inherent risks involved in this event or any related activities known or unknown, including, but not limited to damage to property, bodily injury, or death, due to among all other things, fall, contact or collision with other participants, effects of weather, traffic, or conditions of the road. I hereby agree to indemnify and hold harmless Merced Running Club, city of Merced, County of Merced, all officials, representatives, affiliates, sponsors and volunteers, from and against any and all damages, liability, claims, or causes of action made by any third party arising from or relating to my participation in this event. By signing below, I am indicating my acceptance of this event waiver and affirming that I have read and fully understand the terms of this agreement and waiver. I understand that I am relinquishing substantial rights, including the right to sue and I intend this agreement and waiver to be an unconditional release of liability to the greatest extent permitted by law.

Signature _____ **Date** _____