



Saturday, August 18

Event Begins at 8 a.m.

Event Check-In 7:15 a.m
at Mariners Trail Wayside across from Aurora Clinic

Pre-registration fee: \$20 for 13 and older/\$15 for 12 and under.
Registration fee day of Race: \$25/\$20.

Make checks payable to: **WGHMFHV**. Turn your form and payment in at the **WGHMFHV** front desk at 2818 Meadow Lane, Manitowoc, or mail to: Ascend Services, Run, Walk & Roll, 2818 Meadow Lane, Manitowoc, WI 54220. **Those who register by July 25th will receive a t-shirt.**



Registration Form

5K Run, Walk & Roll Saturday, August 18, 2018
Mariners Trail

Complete this form (please print), detach, and mail/turn in by **Wednesday, July 25, 2018 to receive a t-shirt.**

Name _____

Runner _____ Walker _____ (Please check one)

Address _____

City _____ Zip _____

Phone _____

Email _____

Shirt Sizes: Youth S _____ Youth M _____

Youth L _____ Youth XL _____

Adult: S _____ M _____ L _____ XL _____

2XL _____ 3XL _____ 4XL _____ 5XL _____

By registering for this event you are agreeing to allow **WGHMFHV** to use all event-related photography & video for marketing needs.

Waiver: I agree that by participating in **WGHMFHV** 5K Run, Walk & Roll, I do so at my own risk. I assume all risk of injury, illness, damage or loss to me or my property that may result, including without limitation, any loss or theft of personal property. I consent to medical treatment in the event of injury, accident and/or illness during the event. In exchange for accepting my entry fee, I agree to be legally bound, for myself, my heirs, next of kin, executors, and administrators, and voluntarily assume all risk of accident or injury and release and forever discharge, indemnify and hold harmless the **WGHMFHV** 5K Run, Walk & Roll, its officers, employees, members, representatives, agents, volunteers, and/or sponsors (Released parties) from any and all liability for personal injury or property damage of any kind sustained during the event whether such personal injury or property damage is caused directly or indirectly by the Released parties. I have full knowledge of the risks involved and attest that I am physically fit and sufficiently trained to participate in the event.

Signature of Participant

Please make checks payable to: \$WGHMFHV

Mail to: \$WGHMFHV

Run, Walk & Roll

2818 Meadow Lane, Manitowoc, WI 54220