

Messiah Lutheran School 5K Fun Run and Walk

Saturday, May 11, 2019

Race Time

Race day registration: 7:00 am
1 mile Fun Run/Walk: 8:00 am
5K Run 8:30 am

Location: Both the 5K and the Fun Run will start and finish at Messiah Lutheran Church and School. Parking is available at Fairview Shopping Centre.



Online Registration:

www.active.com

Search for "Messiah"

Entry Fee Pre-registered by May 8

\$20 Adults (1 entry form per person)
\$10 Children 13 & under
\$50 Family(max 4 entries from same household)

Entry Fee for Registration May 9 – 11 (Day of)

\$25 per person
\$15 age 13 & under

Shirts not guaranteed for late registrations

Please make checks payable to:

Messiah Lutheran Church
21485 Lorain Rd, Fairview Park, OH 44126

Pick up your race packets early at Messiah Lutheran on Friday, May 10.

3-4pm (Messiah School families only)

4-6pm (General Public)

Questions: Contact Lisa Hill at 440-331-6553 ext 245 or Lhill@messiahfp.org

Prizes Awarded

Fun Run prizes for top 3 finishers in each age division	5K Prizes for top 3 finishers in each age division
Top Male and Female overall (13 and under) Age Divisions: 7 & under, 8-10, 11-13 <i>All ages welcome to participate</i>	Top Male and Female overall Age Divisions: 5-8, 9-11, 12-14, 15-20, 21-24, 25-29, 30-34, 35-39, 40-49, 50-59, 60 & over.

Name _____

Address _____ City _____ State _____ Zip _____

Phone # _____ email _____

Event: _____ 5K Race _____ 1 mile Fun Run/Walk Sex: _____ M _____ F Race Day Age: _____

Fun Run T-shirt: _____ YS _____ YM _____ YL Adult Men's Tech Shirt: _____ S _____ M _____ L _____ XL _____ XXL

Adult Women's Tech Shirt _____ S _____ M _____ L _____ XL _____ XXL

_____ I cannot participate but would like to make a donation. Please reserve a race t-shirt in the size indicated above for my donation of \$15 or more. Amount enclosed: \$ _____

How did you hear about this event: _____

ACKNOWLEDGEMENT, RELEASE, WAIVER OF LIABILITY AND INDEMNITY AGREEMENT ("Agreement")

I understand the nature of the Messiah Mother's Day Weekend 5K Fun Run and Walk ("Fun Run") and the risks involved in participating in the Fun Run. I know that running and walking a trail and road race is a potentially hazardous activity. I understand that I should not participate unless I am medically able and sufficiently trained to do so. In exchange for my participation in the Fun Run, I HEREBY RELEASE, DISCHARGE AND COVENANT NOT TO SUE Messiah Lutheran Church, its administrators, agents, officers, volunteers and employees, and any Fun Run sponsors, and the owner(s) and/or lessor(s) of any premises where the Fun Run takes place, (collectively, the "Released Parties") from and against all liability, claims, demands, losses and/or damages caused or alleged to be caused, in whole or in part, whether foreseen or unforeseen, arising out of, or in any way related to, my participation in the Fun Run. I further agree that if I, or anyone on my behalf, asserts a claim arising out of, or in any way related to the Fun Run, as listed above against any of the Released Parties, I will indemnify and hold harmless each of the Released Parties from any litigation expenses, attorneys fees, loss, liability, damage or cost which Released Parties may incur as a result of such a claim. By signing below, I acknowledge that I have read and understand this Agreement, and agree to its provisions.

Signature of Participant

Date

Signature of parent or legal guardian if participant is under 18 years of age

Date