



Fundraiser for Habitat for Humanity of Dane County, Inc.

Hosted by Bristol Lutheran Church www.bristollutheran.org

May 21, 2016

Sheehan Park (Central Shelter), 1351 Linnerud Drive, Sun Prairie, WI 53590

Registration Pick-Up/Race Day Sign-up: Begins at 7:00 AM at the Central Shelter

5K Run/Walk: 8:15 AM

Kids Dash: 9:30 AM

Registration Form

One registration form is required per participant.



To register online, go to <http://www.bristollutheran.org/events/bristol5krunwalk.html>

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 (**circle one**):

YOUTH: S M L XL ADULT: S M L XL XXL

Payment (must be received by dates listed below)

_____ 5K Run/Walk (until 5/01/2016)	\$25.00
_____ 5k Run/Walk (5/02/2016 through Race Day)	\$30.00
_____ Kids Dash (10 & Under)	\$10.00

Sub-Total _____

My Personal Donation to support Habitat for Humanity of Dane County _____

Total _____

Enclosed is my check for \$_____ payable to: **Bristol Lutheran Church - Hammer it Home**

Waiver: I hereby declare, assert and affirm that participation in hammer it home 5K Run/Walk hosted by Bristol Lutheran Church 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, in hammer it home 5K Run/Walk hosted by Bristol Lutheran Church, their respective employees, agents, representatives, successors and assigns, for any and all activities connected with the above Special Event. I also understand that I do hereby WAIVE any and all rights or benefits under the State of Wisconsin Worker's Compensation laws for any injury incurred as a result of my participation in this event, including disregard of the posted route.

Print Name _____ **Date** _____

Signature _____ **Parent/Legal Guardian must sign if participant is under the age of 18**

For more information, visit our website <http://www.bristollutheran.org/events/bristol5krunwalk.html>



Send your completed form to:

**Bristol Lutheran Church-Hammer it Home
6835 North Hwy N
Sun Prairie, Wisconsin 53590**

