

Please submit one form per participant



Catawba Nation 5k River Run

April 30th, 2016

5k Registration Form

All proceeds benefit the Catawba Spirit Sprinters

Mail Entry Form or Drop off at

Catawba Indian Nation Longhouse
c/o Wellness Warriors
996 Avenue of the Nations
Rock Hill, SC 29730

For More Information

Contact Elizabeth Harris (803) 517-0533
Or Tolani Franks (803) 280-2545

To be guaranteed a race t-shirt you must register by April 12th.

If you would like a shirt what size? _____
(sizes are youth xs - xl; adult sm - xxxl)

Race Date Itinerary

6:30-7:30am: Registration
8:00am: 5k Race begins
9:15am: Awards

Do you want to join a team or

create one? If so, state the name of the team you wish to join or create.

Race will be Rain or Shine!

No refunds

Race Start and Finish

Will start and finish at the Catawba Indian Nation Longhouse
Overflow parking available on Tom Steven

Awards

Overall Male and Female winner will receive a trophy & Catawba pottery
1st place trophy given to male & female in following age groups:
7 & Under, 8-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69 & 70+
Team trophy for team with most participants
Finisher medals for all race participants

Name: _____

M/F: _____

Phone: _____

DOB: _____ Age as of 4/30/16: _____

Address: _____

City: _____ Zip Code: _____

Email: _____

Emergency Contact: _____ Phone: _____

<u>Entry Fee:</u>	
Regular Fee:	\$25 _____
Catawba Fee:	\$15 _____ (3/25—4/11)
Race Day:	\$30 _____
Spirit Sprinters & a running buddy Free	
Make Checks Payable To: Wellness Warriors	

Catawba Nation 5k River Run Race Waiver. You must read and agree to the following waiver in order to participate in this event.

I know and understand that running in a road race is a potentially hazardous activity. I attest that I am medically able and properly trained for the event and agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including to but not limited to: falls, contact with other participants, effects of the weather, traffic, the condition of the road, and gastrointestinal discomfort. All such and related risks being known and appreciated by me. Having read and understood this waiver and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Simply Timing LLC, race organizers and volunteers, and all sponsors, their officers, employees, agents, representatives and successors from all claims or liabilities of any kind resulting from my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes. I hereby waive any right to inspect or approve the finished electronic, photograph, or printed matter that may be used in conjunction with them now or in the future. I understand that bicycles and skateboards are not allowed in any event. I will abide by these guidelines.

Signature: _____

Date: _____

Parent Signature: _____

Date: _____

(If participant under 18)