



**Mission Footprint
5K**



**&
Kids
Fun
Run**

**Third Church; River Road Church, Baptist; & Trinity
United Methodist Present the Sixth Annual
Mission Footprint 5K & Kids Fun Run**

Saturday, September 10, 2016

7:30 a.m. - Kids Fun Run | 8:00 a.m. - 5K Run/Walk

Trinity United Methodist Church

903 Forest Ave., Henrico, VA 23229

Fees:

Individual - \$30

Kids Fun Run - \$5

Family Max - \$60

Please fill out the form below and send it and a check made out to "Trinity UMC" to Bill Pike at Trinity United Methodist Church. If you have any questions, please contact 804-288-6057, box 326 or *footprint5k@gmail.com*.

Name: _____ 5K ___ Kids' Run ___

DOB: _____ Age: _____ Sex: _____ T-shirt: S M L XL YS YM YL
MM/DD/YYYY (race day) shirts are only guaranteed by August 22

Address: _____
House/Apt. # Street City State Zip

Phone: (____) _____ - _____ E-mail: _____

Please circle your affiliation: Trinity UMC RRCB Third Church

Other: _____
Please specify what church or organization you're from.

I know that walking/running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a road race official relative to my ability to safely complete the run, but I understand that I am primarily responsible for my own safety. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions of the road - all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Trinity UMC, RRCB, Third Church, the state of Virginia, the County of Henrico and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of 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 of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purpose.

Signature _____ Date: _____
(parent must sign for minors)