



# Official Entry and Release Form Totem to Totem Run/Walk May 14th 2016



Please Print:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Email Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

T-shirt Size (circle one): S M L XL XXL

### Divisions

Run \_\_\_\_\_ Walk \_\_\_\_\_

### Relay Teams

*Submit Separate Signed Form For Each Team Member*

Team Name: \_\_\_\_\_ Captain Name: \_\_\_\_\_

Two Member: \_\_\_\_\_ Four Member: \_\_\_\_\_ Other (specify no. of members): \_\_\_\_\_

### Entry Fees

**\$45 Registration fee by April 15th**  
**\$55 after April 15th**  
**a portion supports local diabetes program**

**Paid \_\_\_\_\_ Cash \_\_\_\_\_ Check Number \_\_\_\_\_**

**Make Checks Payable to:**

*Ketchikan Running Club*

**Total Payment Enclosed:**

**Mail to:** *Gretchen Klein, Race Director*  
*P.O. Box 5355*  
*Ketchikan, Alaska 99901*

**Please Read and Sign Below:** I know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not enter & participate unless I am medically able & properly trained, & by my signature, I certify I am medically able to perform this event, am in good health, & I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat &/or humidity, traffic & the conditions of the course, all such risks being known & appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, & headsets are not allowed in the race & I will abide by this guideline. Having read this waiver & knowing these facts & in consideration of your accepting my entry, I, for myself & anyone entitled to act on my behalf, waive & release from all claims or liabilities of any kind arising out of my participation in Ketchikan Running Club events, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby permit the use of my name & picture in news releases & advertising releases. I understand my entry fee is non-refundable.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_