5k
fun run/walk registration form

NAME

COMPANY NAME

ADDRESS

CITY STATE ZIP

PHONE FAX

E-MAIL

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE

PAYMENT
The registration fee is $15 per runner/walker 18 years of age or older. Registration is free for those 17 years old or younger. Please complete one form for each participant. Registration is non-refundable but may be transferred at no charge. Proceeds will benefit the Frozen Food Foundation.

PAYMENT INFORMATION
REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT.

☐ CHECK ENCLOSED
PAYABLE TO FROZEN FOOD FOUNDATION

☐ VISA ☐ MASTERCARD ☐ AMERICAN EXPRESS

NAME (AS IT APPEARS ON CARD)

EXPIRATION DATE SECURITY CODE

ACCOUNT NUMBER

BILLING ADDRESS

BILLING ADDRESS 2

SIGNATURE
**For most cards, this is the last three numbers shown above the signature strip on the back side of the card. For American Express, it is the four digit code above the card number on the front side.*

I have read the following attached RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT for the 5K Fun Run/Walk (the "Run/Walk"). I understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all claims and liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Signature of Participant Date

Signature of Parent/Guardian (required if Participant is a minor) Date

Return completed form with payment to:
Frozen Food Foundation
2000 Corporate Ridge, Suite 1000
McLean, VA 22102
Fax: (703) 821-1350

Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement

In consideration of participating in the 5K Fun Run/Walk (the "Run/Walk"), I represent that I understand the nature of running events and that I am qualified, in good health, and in proper physical condition to participate in such an activity. I acknowledge and agree that, if I believe event conditions are unsafe, I will immediately discontinue participation in the activity. Furthermore, I will comply with instructions as provided by the Run/Walk supervisors, I will follow the stated route, and I will not embark until support staff is in place and the Run/Walk route is officially opened.

I fully understand and agree that running events are inherently dangerous activities that involve risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below or other causes; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the activity.

I hereby release, discharge, and covenant for myself, my heirs, executors and administrators, not to sue the Frozen Food Foundation or its administrators, directors, agents, officers, volunteers, employees, other participants, additional sponsors, advertisers, and, if applicable, owners and lessors of premises on which the activity takes place (each considered one of the "RELEASEES" herein) from any and all liability, claims, demands, losses, causes of action or damages of whatever kind or nature, arising from or related in any way to my participation in the Run/Walk caused or alleged to be caused in whole or in part by the negligence of the "releasees" or other causes, including negligent rescue operations. I further agree that if, despite this release, waiver of liability, and assumption of risk, I make a claim against any of the "releasees," I will indemnify, save, and hold harmless each of the "releasees" from any loss, liability, damage or cost which may be incurred as the result of such claim, including reasonable attorney's fees. This release, waiver of liability, assumption of risk and indemnity agreement shall be as broad and inclusive as permitted by the State of California.