

## Waiver

I know that running/walking road race is a hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of an official, relative to my ability to safely complete the race/walk. I assume all risks associated with running/walking in this event including, but not limited to, falls, contact with other participants, traffic, the effect of the weather, including high heat or humidity, and the conditions of the road. All such risks being know and appreciated by me. I also agree that I may be examined during the course of the race/walk by qualified personnel in the event medical problems of any cause arise. The race officials or the qualified medical staff have the right to disqualify me and remove me from the race/walk if, in their opinion, I may be suffering from a life threatening condition. Having read this waiver and knowing those facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release all sponsors, their relatives, their representatives, race volunteers and race directors, from all claims or liabilities of any kind arising out of my participation in this event.

\_\_\_\_\_  
Signature of Adult #1

\_\_\_\_\_  
Signature of Adult #2 (if participating in the race)

\_\_\_\_\_  
Parent/Guardian must sign for children under 18

\_\_\_\_\_  
Date



This 5K run/obstacle course will start at Plum Creek Park and has some new “sparks” this year with a different trail, a little off-road adventure, and a few ups & downs.

### Support Us! Make a Donation!

Above all, the Plum Creek Race is about helping the City of Lexington Parks & Trails. Whether you are participating in the race, or if you just want to contribute, every dollar counts. We appreciate gifts of any amount.

**For more information, contact Ann Luther at (308) 325-5277.**



## MAKE SPARKS! RUN FOR THE PARKS

### PLUM CREEK 5K

Tuesday, July 4, 2017

5K Run/Walk ★ 9:00 AM

with obstacles ★ Plum Creek Park

Lexington, NE



