

# Park University Cross Country Festival

Men's & Women's 5K Races and Kids' Fun Run



Saturday, October 3, 2009  
Platte Ridge Park  
17130 MO Highway 371 • Platte City, Mo.



**KIDS' FUN RUN** -- Half and One Mile Distances, 9 am, \$3 per child (for details go to [www.park.edu/5K](http://www.park.edu/5K))

## 5K Race Times:

Women at 10 a.m. | Men at 10:30 a.m.

**Entry Fee: \$15**

Includes event t-shirt

Registration Deadline is September 29

Races will be timed but not recorded. | Special t-shirts to top 15 times in each race.

No Walkers, Strollers or Pets

Races will be run simultaneously with college races.

For questions, contact Coach Brian Renshaw, (816)584-6488, [brian.renshaw@park.edu](mailto:brian.renshaw@park.edu), or go to [www.park.edu/5K](http://www.park.edu/5K)

Mail to: Park University Cross Country Festival, Box 37, 8700 River Park Drive, Parkville, MO 64152

**Release and Waiver**--I understand and acknowledge that participating in this cross-country race is a potentially hazardous activity. By participating in the race, I certify that I am medically able and properly trained to participate in the event. I assume any and all risks associated with participating in this event, including, but not limited to: physical injury, medical emergency, death, physical contact with other participants, the effects of the weather, traffic and conditions of the roads, and all other risks being known or unforeseen by me. I understand that I am solely responsible for my own safety while traveling to and from and participating in this event. Knowing these facts, and in consideration of you accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf covenant not to sue, and waive, release and discharge forever Park University, its employees, or any sponsor, or contributor, to this event, any race officials or volunteers, their representatives, successors or assigns, from any and all claims or liability for death, personal injury or property damage of any kind, or nature whatsoever arising out of or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to Park University and/or agents authorized by them to use any photograph, videotapes, motion pictures, recordings or/and other record of this event for any purpose. Applications for minors will be accepted only with a parent or guardian's signature. I understand that I (or my parent/guardian if I am under 18) must sign the Release and Waiver before being allowed to participate. *(Please retain a copy of this waiver for your records.)*

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

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ T-shirt size: S, M, L, XL, XXL Gender: M F

If applicable: Park  Student,  Alumnus/a,  Faculty/staff

Signature (Participant) \_\_\_\_\_ Date \_\_\_\_\_ Signature (Guardian: Please SIGN and PRINT name) \_\_\_\_\_

Payment: \$ \_\_\_\_\_ Check enclosed Credit Card: AE, Visa, MC, Discover (circle one)

Name on Credit Card \_\_\_\_\_ # \_\_\_\_\_ Exp. \_\_\_\_\_