

# 5K Race for Hunger - Registration

Please mail check & form to: Seneca Meadows, 1786 Salcman Road, Waterloo, NY 13165

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (H) \_\_\_\_\_ Phone (W) \_\_\_\_\_

Email address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

**Entry Fee (rain or shine, fees non-refundable):** \$15 plus non-perishable food item

**T-Shirt Size (please circle size):**                      Adult Small                      Adult Medium

Adult Large                      Adult XL                      Youth Medium

**Please Circle Your Division:**

13 & under                      14-16                      17-19                      20-29                      30-39

40-49                      50-59                      60-69                      70 & Older

**Waiver of Liability, Assumption of Risk, and Indemnity Agreement (must be signed):** In consideration of being permitted to participate in any way in the 5K Race for Hunger at the Seneca Meadows Wetlands Preserve, hereafter called "The Activity," I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue Seneca Meadows, Inc. and its officers, employees, and agents from liability from any and all claims resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activity. **Assumption of Risks:** Participation in The Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, sprains, and embarrassment, 2) major injuries such as joint or back injuries and heart attacks to 3) catastrophic injuries including paralysis and death.

**I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in The Activity. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.**

**Indemnification:** I also agree to indemnify, defend, and hold harmless Seneca Meadows, Inc. and its officers, employees and agents from and against any and all liability, including but not limited to demands, claims, actions, fees, costs, and expenses (including attorney and expert witness fees), arising from or connected with my involvement in The Activity and to reimburse them for any such expenses incurred. **Severability:** The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of New York and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

**Acknowledgment of Understanding:** I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Your Signature \_\_\_\_\_  
*Parents must sign for children under age 18*

**T-shirts to first 100 pre-registrants. Pre-registration must be postmarked by July 13, 2012.**