

Buffalo River Run, The Running of the Elk 5K
Saturday September 10, 2011

Location: Ponca Arkansas, register across the road from the Lost Valley Store

Raceday registration 7 – 7:45 am

5k Race Start-Time @ 8:00 am; Kids fun run @ 8:10 am

5k Fee: Entries received before August 15, 2011 are \$20 & will receive a shirt. Entries after Aug. 15, 2011 are \$25 & will receive shirts if available. (Any remaining t-shirts available for purchase on race day). Kids fun run \$5-no shirt included, but medals are given. **Packet Pickup:** Race day pickup from 7am - 7:45am at registration location.

Complete & Sign Form Below & mail form with payment to:

Running of the Elk 5K HC 70 Box 353, Jasper, AR 72641

Checks need to be made out to: Arkansas Children's Hospital

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Registration Form & Waiver

Name: _____ Telephone: _____

Gender: Male ___ Female ___ Age As of Race Day: _____ Date of Birth _____

Address: _____ Email _____

City: _____ State: _____ Zip: _____

Adult Shirt Size: S ___ M ___ L ___ XL ___

Select Your Race: 5k run/walk _____ Kid's fun run _____

I fully realize the dangers of participating in a 5K race and fully assume the risks associated with this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I acknowledge that my participation in this event is entirely voluntary and with a complete full understanding that the risks involved may result in harm, loss, personal injury or death. I should not enter or participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the 5K race. Having read this waiver and knowing these facts and in consideration of your accepting my entry: I HEREBY ASSUME ALL RISKS AND RESPONSIBILITIES FOR MY PARTICIPATION AND WAIVE, RELEASE AND DISCHARGE ARKANSAS CHILDREN'S HOSPITAL FOUNDATION, THE RUNNING OF THE ELK 5K RACE, UPPER BUFFALO RIVER MERCHANT'S ASSOCIATION AND OTHER SPONSORS OF THIS EVENT, THEIR OFFICERS, DIRECTORS, EMPLOYEES AND AGENTS, FOR ANY HARM, LOSS, PERSONAL INJURY, OR DEATH RESULTING FROM, ARISING OUT OF, OR IN CONNECTIONS WITH MY PARTICIPATION IN THIS EVENT. I CERTIFY THAT I HAVE READ THIS WAIVER AND RELEASE AND UNDERSTAND ITS SIGNIFICANCE.

Date: _____ Signature: _____

RUNNING OF THE ELK 5K participant

This Section For Runners of 5k or Fun Run Under 18 Years of Age

Signature of adult (21 or older) accompanying participants under 18: I am responsible for _____, a minor walker/runner & understand I must assure he/she adheres to all rules of the event and immediately end my participation in the event if requested to do so by representatives of ACH or UBRMA for any medical, safety or other reason.

Adult Signature: _____ Date: _____

Printed Name & Contact Phone Number: _____