

Appalachian Bible College

Beautiful Feet 5k Fun Run/Walk

October 24, 2020 abc.edu/5k

OFFICIAL ENTRY FORM

Last Name: _____

First Name: _____

Male ___ Female ___ Birthdate _____ Age _____

ABC only: Freshman/Sophomore/Junior/Senior/Staff

Phone: _____

Email: _____

Address: _____

City, State: _____ Zip Code: _____

Home Church: _____

In Case of Emergency, please notify:

Name: _____

Phone: _____

Relation: _____

Check all that apply...

**1 mile fun run/walk
(8:20 AM)–** _____
(All ages \$12; after Oct 15 \$15)

5k Walk 8:30 AM - _____

5k Run 8:30 AM - _____

Age (5k run/walk only) -
Over 18 - _____
 (\$20; after Oct 15 \$25)
Under 18 - _____
and ABC family
 (\$12; after Oct 15 \$15)

Office Use Only

Bib Number: _____

Registration Fee :
Amount Paid: _____

Not Paid: _____

Heard about run from which class – if applicable:
Freshman/Sophomore/Junior/Senior

Shirt Size

(Guaranteed a shirt if registered by Oct. 14)

Circle one: Short Sleeve OR Long Sleeve (+\$6)

Circle your size:

Adult	S	M	L	XL	2XL (+\$3)
Child	S	M	L		

Beautiful Feet Fun Run/Walk Participant Waiver

I know that running or walking or volunteering for a fun run/walk race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the route, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Appalachian Bible College and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. **I understand that my registration fee is non-refundable.**

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____