



Cadillac Young Life Spring Thaw 5K



Saturday, April 21, 2011

Location: Timber Wolf Lake Young Life Camp, 4909 N. Morey Rd., Lake City, MI 49651

Registration & Packet Pick-up: 8:30 – 9:30 am, Race Start: 10:00 am

Course: Hybrid gravel/road course – The most scenic run in Northern Michigan!

Awards: Award to Overall and Master Winner. Prizes to top 3 places in each age group.

Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and up

Entry Fee: Postmarked by April 11: **\$25** (Guaranteed T-shirt) **Race Day: \$30** (Limited Quantity of T-shirts)

Registration: For mail in registration, make check payable to Young Life (include release form) and mail to:

Cadillac Young Life, P.O. Box 1037, Cadillac, MI 49601

Register online at: http://www.runningfoundation.com/Cadillac_Young_Life5k.html

Information: Cadillac Young Life ~ (231)342-5357 ~ cadillacyounglife@gmail.com

Proceeds from this event will go to benefit Cadillac Young Life

Name: _____ Phone: _____

Address: _____ City/State/Zip/ _____

Gender: (Circle one) **M** **F** **Age on Race Day:** _____

Shirt Size: (Circle one) **S** **M** **L** **XL**

Entry Fee: Postmarked by 4/11: \$25 (Guaranteed T-shirt) **Entry Fee:** Race Day \$30 (Limited Quantity of T-shirts)

Please Sign and Attach Race Release Form and send along with check and registration



Timberwolf Lake 5K Race Release Form

Acknowledgement of Inherent Risk, Waiver and Release

I acknowledge and understand that there are inherent risks associated with participating in the Timberwolf Lake 5K Race on April 21, 2012, to be held on Young Life's Timberwolf Lake property. I will assume the risks associated therewith, whether known or unknown to me at this time. I release Young Life, including its employees, agents and trustees, from responsibility for my accidental physical injury, including death or illness, and loss of, or damage to, personal property while on Young Life property and while participating in this race. This release is also intended to include all claims made by my family, estate, heirs, personal representative or assigns.

Acknowledgement of Inherent Risk, Waiver and Release for Minor Runner

If I am under age 18, my parent or guardian, by signing below, also consents to my release and he or she agrees that this release shall be binding upon him or her as my parent or guardian as to me and my estate, heirs, personal representatives and assigns. My parent or guardian acknowledges that I am fit to run in this event. My parent or guardian also promises, by signing below, to defend, indemnify and hold Young Life harmless from any claim asserted by me against Young Life, including its trustees, employees and agents, if I should repudiate this release after obtaining adulthood.

Authorization for Treatment: I hereby give permission to the medical personnel selected by Young Life to secure and administer treatment and to maintain and/or release any medical records necessary for insurance purposes as outlined under the HIPAA regulation, and to provide or arrange necessary related transportation. To obtain a copy of Young Life's Notice of Privacy Practices, log on to www.younglife.org or call (719) 381-1950).

I verify that I am in good health and capable of participating in strenuous activities, and when necessary, will tailor my activities to those within the bounds of my/their physical health.

Photo Release

I hereby grant permission to Young Life the right to use, reproduce, and/or distribute photographs, films, videotapes, and sound recordings of me, without compensation or approval rights, for use in materials created for purposes of promoting the activities of Young Life.

Signature of parent or guardian or adult runner

Printed Name of Runner

Date

Emergency Contact Information: (Name and phone contact)
