



LA CASA

Family Health Center

4th ANNUAL
5K RUN/WALK FOR YOUR HEALTH
AUGUST 14, 2010

WHEN?

Saturday, August 14, 2010
Race begins @ 8:00 a.m.
Arrive by: 7:00 a.m. to pick up
Participant T-shirt and packet

WHERE?

Event starts at
La Casa Family Health Center
1515 West Fir, Portales, NM

HOW DO I REGISTER?

Fill out the Registration form below
And mail or return to:
La Casa Family Health Center
Attn: Carmen Pacheco
5K WALK/RUN
1515 West Fir, PO BOX 843
Portales, NM 88130

COST?

FREE!!!!!!!!!!!!!!

QUESTIONS?

Call Carmen Pacheco
@ (575) 359-3801

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REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY: _____

PHONE # _____ **AGE:** _____ **Email:** _____

SHIRT SIZE(sizes limited)SMALL ___ **MEDIUM** ___ **LARGE** ___ **XLARGE** _____

SIGNATURE: _____ **DATE:** _____



RELEASE AND INDEMNIFICATION AGREEMENT

I _____ desire to participate in La Casa Family Health Center's 5K Run/Walk, August 14, 2010. I agree to fully comply with all guidelines and instructions for this project, and I hereby assume all responsibilities for any of my actions in violation of those guidelines and instructions.

I understand and hereby acknowledge that running, as with any activity or exertion, may present or cause physical injuries or harm to me or others. I further understand and acknowledge that these problems and dangers could be aggravated by participation in a group activity such as this 5K Run/Walk. By requesting to participate in the 5K Run/Walk and signing this release, I am accepting full responsibility for anything that happens to me during or as a result of my participation in this activity.

In consideration for allowing me to participate in this project, I personally assume all risks in connection with this run for myself, and further release the City of Portales and La Casa Family Health Center and their supervisors and employees, (hereafter called "released parties") from any injury or damages which may befall myself while participating in this event, including all risks connected therewith, whether foreseen or unforeseen; and to further release, indemnify and hold harmless, the Released Parties from any claim for personal injury, property damage, attorney's fees, court cost or loss of any kind or nature arising out of my participation in this run.

I further agree to indemnify and hold harmless the Released Parties from any claim by any third party resulting from my performance arising out of my participation in this project, whether foreseen, or unforeseen, and of any nature whatsoever.

I further state that I understand the terms herein and are contractual and not merely a recital; that I have signed the document as my own free act; and, I am competent to sign this affirmation and release on behalf of myself I have fully informed myself the contents of this release.

IN WITNESS WHEREOF, I have executed this affirmation, release, and waiver this _____ day of _____, 20 ____.

Participant: _____

Address: _____

Phone: _____



PARENTAL RELEASE AND INDEMNIFICATION AGREEMENT

I desire to have my child(ren) _____ participate in La Casa Family Health Center’s 5K Run/Walk on Saturday, August 14, 2010. I agree that my child will fully comply with all the guidelines and instructions for this project, and I hereby assume all responsibilities for any actions of my child(ren) in violation of those guidelines and instructions.

In consideration for allowing to my child(ren) to participate in this project, I personally assume all risks in connection with this run for my child(ren), and further release the City of Portales and La Casa Family Health Center and their supervisors and employees, (hereafter called “released parties”⁰ from any injury or damages which may befall my child(ren) while participating in this event, including all risks connected therewith, whether foreseen or unforeseen; and to further release, indemnify and hold harmless, The Released Parties from any claim for personal injury, property damage, attorney’s fees, court costs or loss of any kind or nature arising out of my participation in this run.

I further agree to indemnify, and hold harmless the Released Parties from any claim by any third party resulting from my child (ren)’s performance arising out of his/her/their participation in this project, whether foreseen or unforeseen, and of any nature whatsoever.

I further state that I understand the terms herein are contractual and not merely a recital; that I have signed the document as my own free act; and, that I am competent to sign this affirmation and release on behalf of myself I have fully informed myself the contents of this release.

IN WITNESS WHEREOF, I have executed this affirmation, release, and waiver this _____ day of _____, 20_____.

Participant: _____

Parent or Guardian: _____

Address: _____

Phone: _____