



8th Annual

# “Freeze Your Face” 5K Race

## Saturday, February 25<sup>th</sup>, 2017

Registration at 8:00 a.m. & Race starts at 9:00 a.m.

All proceeds benefit Perham Cross Country Team!

Registration: At Perham High School, please park in lot between PACC and back of Perham High School by finish line.

Thanks to our Sponsors: UCB & Team Electronics

Course: Race starts behind the PACC and goes through the streets of Perham finishing at back of PACC (North Entrance) & High School. The course will be well marked with directional arrows.

Awards: Top 3 overall female and male finishers for each race will receive a gift. All participants will also receive a stocking cap for the Freeze Your Face 5k. Race Day entries are not guaranteed stocking cap the day of race, but will be given out on a first come first serve basis. If you do not receive the cap we will mail out upon your request with an additional \$5 for postage.

Bananas, water, & hot chocolate for all participants. Questions: Call Jeff @ 218-371-5992 or Angie @ 218-298-0806

Participant's Name: \_\_\_\_\_ (please print clearly)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email address: \_\_\_\_\_ Age on race day: \_\_\_\_\_ Sex:  Male  Female

**Entry fee: \$20 before Feb 25th----- \$25 after**  cash  check (Make checks payable to Perham Cross Country)

Mail to: Perham Cross Country Boosters Club, PO Box 65, Perham, MN 56573

For online registration: [www.perhamhalfmarathon.com](http://www.perhamhalfmarathon.com)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection will be provided, there may be traffic on the course route and I must watch for vehicles at intersections and on the roads. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity and the condition of the roads. I recognize that if I choose to wear a portable listening device during the race that it may create a distraction which may increase my risk of injury. Knowing these facts, and in consideration of your acceptance of my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Perham Cross Country Boosters and any organization associated with the race, and the local governments and police, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims or causes of action (known or unknown, foreseen or unforeseen) for death, personal injury or property damage of any kind or nature arising out of their negligence or that of others in the course of, my participation in this road race and all other events and activities associated with this race. I give my permission for medical team evaluation, treatment, and transfer to an emergency facility if needed. I agree that Perham Cross Country Boosters officials have the right to remove me from the race and related activities if they are of the opinion that it is in my best interest or the best interest of Perham Cross Country Boosters that I be removed. I further grant permission to the Perham Cross Country Boosters and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, and any other record of this event for any purpose without limitation or compensation. I understand that fees are not refundable and race numbers and timing chips (if applicable) are not transferable. I also agree to abide by the Rules of Competition as set forth by the USATF. I have read the foregoing and certify my agreement by signing the Registration Form.

THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and agreement is intended to be as broad and inclusive as permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Participants Signature: \_\_\_\_\_

Date: \_\_\_\_\_