

# RUNNING THE HILL



## Registration Form

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Age on race day \_\_\_\_\_ Gender \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Choose a race to enter.

- 5K Run
- 5K Walk
- Kids Run/Walk



T-Shirt size

\_\_\_\_\_XS \_\_\_\_\_S \_\_\_\_\_M \_\_\_\_\_L \_\_\_\_\_XL \_\_\_\_\_XXL

### Waiver

By checking this box, I agree to indemnify and hold harmless HCOLA from and against any and all claims, damages, losses, liability, cost and expenses arising out of or related to this 5K Event as permitted by the fullest extent of the law.

Signature: (parent/guardian if under 18):

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