

ECC PSYCHOLOGY & SOCIOLOGY DEPARTMENT

5K Walk/Run



to Benefit *alive*

Saturday, October 17, 2015

Registration/Check-In: 8:30 am

Race Time: 9 am

Start/Finish Location: ECC Soccer Field Parking Lot

This inaugural event benefits *alive* (Alternatives to Living in Violent Environments). Community members are encouraged to participate in this fun 5K Walk/Run. This is not a timed race; it's just for fun, fitness and funds!

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

5K Entry: ☐ \$20 - Pre-race day/ guaranteed a t-shirt

☐ \$25 - Race day/ not guaranteed a t-shirt

☐ Children under 10 are free (no shirt)

☐ I am willing to help (volunteers will receive a free t-shirt)

Adult Shirt Size (circle one): S M L XL 2XL

5K Walk/Run Waiver & Release

I acknowledge that my participation in the ECC Psychology & Sociology Department 5K Walk/Run involves a risk of injury, including bodily injury, and assume the risk for same. On my own behalf and on behalf of my heirs and legal representatives and to the fullest extent permitted by law, I hereby release and discharge East Central College and its respective administration, directors, employees, and faculty, of and from any and all liability for injury, death, or damages and/or any other claims, demands, losses or damages, incurred by me in connection with any aspect of the ECC 5K Walk/Run.

Printed name of participant

Signature of participant
(parent or guardian if under 18)

Please return completed form along with
payment (make checks to ECC) to:

Bill Cunningham
East Central College
1964 Prairie Dell Road, Union, MO 63084

Questions?

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636-584-6651