

Entry Form Mud & Muck 5K Run

Unity Village Campus

Saturday, August 29, 2009, 9:00 am

Name: _____

Age on 8/29/09 _____ Gender (Circle): M F

Address: _____

City: _____ State: _____ Zip: _____

Country
(if not USA)

E-mail Address: _____

Phone # _____ **Shirt size** (Circle one) Adult: S M L XL XXL Youth
No shirt or shirt size guarantee after August 15.

Optional Team Name (for contest) _____

Race Entry (Check each that applies):

Mud & Muck 5K- \$30 if mailed on or before 8/9/09, \$35 before 8/23/09, \$40 on or before 8/29/09 \$ _____

Extra Family Members – Children 14 and under (includes youth shirt): \$10 X ___ children = \$ _____

Extra Family Members – Spouse or domestic partner \$20 **Circle Shirt size:** S M L XL XXL \$ _____

Optional Donation for Harvesters _____ \$ _____

Total \$ _____

Emergency Contact:

Name	Address	Phone #	Relationship
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WAIVER: I know that running and volunteering in running events are potentially hazardous activities. Running can be hazardous, and I am fully aware of that fact. I assume all risk associated with these activities. I hereby waive and release, for myself and anyone entitled to act on my behalf, Action Events, the Road Runners Club of America, the Kansas City Track Club, and all sponsors and race officials from all claims of any kind arising out of my participation in this event. In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against the Mud and Muck Run, and its affiliates, Action Events, the City of Lee's Summit, the County of Jackson, the State of Missouri, Unity Village, their agents, employees, officers, directors, successors and assigns, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in this Mud & Muck Run event and any pre- and post- event activities. I understand that this event may cause serious bodily harm including broken bones and even death. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. I understand fully that race management can remove me from the race for any legitimate reason they see fit. Be aware that the director(s) and officials of our race event(s) may postpone or cancel said event(s) for safety reasons due to severe weather, high winds, near-by lightning, or "other" serious safety issues. We are not responsible for weather-related and "other" safety issues beyond our immediate control. We reserve the right not to reimburse entry fees for races postponed or cancelled due to safety issues or for reasons put forth by race officials, including unplanned campus or course closure. Further, I hereby grant full permission to any and all of the foregoing to use any photographs of this event for any legitimate purpose including event advertising. By signing below, I hereby acknowledge that I have read and fully understood this waiver.

Signature (if over 18 years on 8/29/09): _____ Date _____

Signature of parent (if under 18 years on 8/29/09): _____ Date _____

Please sign, date and return the waiver. Make checks payable to "Action Events" and mail to:

Action Events c/o Raul Flores, 6600 Wyoming St, Kansas City, MO, 64113

More race information on the Web: www.actioneventssports.com

Or call Raul Flores 913-206-4334 or Ben Holmes 816-810-0440.



Mud & Muck 5K Fun Run

Saturday, August 29, 2009, 9 a.m.

Unity Village Campus

To Benefit Harvesters Community
Food Network

Course: Easy-going run on paved surfaces, dirt trails in a beautiful park setting. **You will get muddy in our larger mud pit for 2009!**

Location: Unity Village Campus, 1901 NW Blue Pkwy, Unity Village, MO 64065

Start time: 9:00 a.m.

Packet Pickup: Saturday, August 30, from noon to 7 p.m. at Garry Gribble's Running Sports, Ward Pkwy Shopping Center at 85th St. & State Line Rd., Kansas City, MO. Or on race day starting at 8am.

Shirts: Well-designed short sleeve technical t-shirts for all participants that enter prior to August 15. No guarantee of a shirt or proper size for later registrants. Cotton T's for youth size.

Food: We will have yummy food and beverages appropriate for post mud and muck running!

Charity: Harvesters Community Food Network. Optional - Bring one or more of "most needed items" for Harvesters, or donate funds. Race proceeds will be donated to Harvesters.

Volunteers: We are looking for volunteers for race day! If you have family or friends that would like to help out, contact us at runsfor@kc.rr.com. We are recruiting as many mud marshals as we can get!