



Raiders Cross Country

Grand View Days

5K Fun Run

Walkers and runners of all ages and abilities are welcome!

July 8, 2023 8:00 am

Pre-registration Form **Due June 21, 2023** (race day registration also available)

*One form required per participant

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Date of Birth ____/____/____

T-Shirts will be provided to all **pre-registered** runners. Those registering on race day will receive shirts on a first-come first-served basis. Available sizes are:

YOUTH: S M L ADULT: S M L XL XXL (Circle One)

Payment

____ Individual \$20.00

____ Family (limit of 4 people, add \$10/person after 4) \$50.00

Total _____

Enclosed is my registration check for \$_____ payable to Rimrock Cross Country

I would like to donate \$_____ to the cross country team (optional)

***All profits from the race will benefit the Rimrock Cross Country Boys/Girls Teams**

***Please mail forms to Melissa Raymond, 1620 W Whitted Rd, Grand View, ID 83624**

For questions please contact Melissa Raymond 208-863-0335

Waiver: I hereby declare, assert and affirm that participation in Grand View Days PTA 5K Run/Walk is done having voluntarily and knowing assumed ALL RISKS involved in this Special Event. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardio-respiratory system including heart arrhythmia, heart attack, stroke, and sudden death. In consideration of acceptance of this contract allowing my participation in the above stated Special Event and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators and assigns, WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above stated Special Events including their respective employees, agents, representatives, successors and assigns, for any and all activities connected with the above Special Event.

Print Name _____ Date _____

Signature _____

Parent/Legal Guardian must sign if participant is under the age of 18