

REGISTER ONLINE AT: CVRACESERIES.US

AWARDS: Overall male & female, Top 2 masters male & female, TOP MALE & FEMALE DOG/RUNNER TEAMS Top 2 age group male & female: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

- Out and Back on the Cumberland Valley Rail Trail
 Shippensburg Township Park 304 Britton Road, Shippensburg, PA 17257
- Register on-line at http://cvraceseries.us/ or complete the form below and return with payments to: Better Days Animal League, PO Box 57, Shippensburg, PA 17257. T-Shirt deadline: 8/26/2016
- For Questions or Sponsorship Opportunities, E-mail: info@betterdaysanimalleague.org

Help Us, Help Them! All proceeds benefit the furry friends awaiting homes at Better Days Animal League

Better Days Animal League is a 501(c)(3) non-profit animal rescue organization. All donations are tax deductible.

www.betterdaysanimalleague.org

		PLEASE CHECK ONE	
NAME		5K RUN	
ADDRESS			No T-Shirt \$25
ADDRESS			T-Shirt \$30
CITY / STATE / ZIP			Tech Shirt \$40
		5K WALK	
BIRTHDATE AGE ON RACE DAY			No T-Shirt \$25
A1000000000			T-Shirt \$30
PHONE EMAIL			Tech Shirt \$40
		1 MILE FUN RUN	
T/TECH-SHIRT SIZE (PLEASE CHECK ONE)	MALE OR FEMALE		No T-Shirt \$10
ADULT S M L L XL XXL XXXL	(PLEASE CIRCLE ONE)		T-Shirt \$15
			Tech Shirt \$20
CHILD S M L XL			

RELEASE & CONSENT: In consideration of the acceptance of my entry/ my child's entry, I for myself or child, our executors, administrators, and assignees, do hereby release and discharge the organizers of this race and all other sponsors and organizers of all claims and damages, actions whatsoever in any manner arising out of my/my child's participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am/ my child is physically fit and sufficiently trained to participate in this event. Further, I hereby grant full permission to any and all of the foregoing to use my/my child's name, photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose without compensation or remunerations. Furthermore, I agree that when I, my family (if any), children under my care (if any), and my pets (if any) participate in the event, I/we/they do so at my/our/their own risk. In consideration of your permitting me/us/them to participate in the event, and for other good and valuable consideration, receipt of which is hereby acknowledged, I hereby release and forever hold harmless the organization, its directors, officers, employees, agents, and volunteers, and it's and their heirs, successors, assigns, and personal representatives, from any liabilities, losses, costs, expenses, damages or injuries whatsoever, which I, my family, children under my care, and/or my pets incur or sustain in connection with the event.

ATHLETE SIGNATURE (parent/guardian must sign for runners under 18 years of age):______