

**7th Annual**

**5K Fun Run/Walk**

**F**

**Health and Human Perfomance**

**Mental Health and**

**Suicide Awarness**

**5K Run/Walk**

**REGISTRATION FORM**

On **Saturday, April 11th, 2015** come to the UW-Platteville Ralph E. Davis Football Stadium Parking Lot at **7:30 a.m.** for packet pick-up and on site registration followed by the race beginning promptly at **9:00 a.m**.

To register for the **Health and Human Perfomance Mental Health and Suicide Awarness 5K Run/Walk** please fill out the form and waiver/release below and turn it into the Health and Human Performance Office in the Williams Field House or mail to- C/O Lisa Emedorfer, 110 Williams Fieldhouse, 1 University Plaza, Platteville, WI 53818-3099**.**

Please make checks payable to the **Health and Human Performance Department**. Pre-Registration is due no later than **March 12th** to be guaranteed a t-shirt.

*Please Print Clearly*

**First Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Last Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State:\_\_\_\_\_\_\_\_\_ Zip Code:\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Gender:\_\_\_\_\_\_\_\_\_\_\_ Run or Walk:\_\_\_\_\_\_\_\_\_\_\_\_\_**

**T-shirt size: (please circle one) \***shirts run in Adult sizes

**No shirt Small Medium Large XLarge XXLarge**

 \*\*You must be present on race day to get your shirt. Limited T-shirts will be availability for those who sign up after March 12th.

 **Price Lists:** (Please indicate which choice you prefer by circling the rate of choice)

Kids 6 and under are Free (must have signed waiver from parent/guardian)

Pre-Registration (before March 12th):

 $25.00 T-Shirt included

 $10.00 T-Shirt **NOT** included

After Pre-Registration:

 $10.00 T-Shirt **NOT** included

Group Rates (Sports teams/ Student organizations/ groups of friends):

 $20.00 per person T-Shirt included

 $5.00 per person T-Shirt **NOT** included

 \*\*Team must Pre-Register by March 12, 2015 to get group rate

 \*\* A minimum of 10 participants on a team to get group rate

 \*\*All participants’ forms must be handed in at same time to get group rate

**Agreement for Assumption of Risk, Indemnification, Release, and Consent for Emergency Treatment**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (print name), age \_\_\_\_\_\_\_, desire to participate voluntarily in

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at the University of Wisconsin – Platteville.

I UNDERSTAND THAT I AM BEING ASKED TO READ EACH OF THE FOLLOWING PARAGRAPHS CAREFULLY. I UNDERSTAND THAT IF I WISH TO DISCUSS ANY OF THE TERMS CONTAINED IN THIS AGREEMENT, I MAY CONTACT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, AT TELEPHONE NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Assumption of Risks:**

I understand that physical activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. Some of these involve strenuous exertions of strength using various muscle groups, some involve quick movement involving speed and change of direction, and others involve sustained physical activity, which places stress on the cardiovascular system. I am aware of the risks of participation, which range from: 1)minor injuries such as scratches, bruises, and sprains to 2)major injuries such as fractures, internal injuries, joint or back injuries, heart attacks, and concussions to 3)catastrophic injuries including paralysis and death. I understand that I have been advised to have health and accident insurance in effect and that no such coverage is provided for me by the University or the State of Wisconsin. **I know, understand, and appreciate the risks that are inherent in the above-listed programs and activities. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.**

**Signature: \_x\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature of Parent or Guardian**

**(If Participant is under 18\*): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Hold Harmless, Indemnity and Release**:

In consideration of permission for me to voluntarily participate in the above-mentioned activities, I, for myself, spouse, my heirs, personal representatives, estate or assigns**,** agree to defend, hold harmless, indemnify and release the Board of Regents of the University of Wisconsin System, the University of Wisconsin-Platteville, and their officers, employees, agents, volunteers, and all others who are involved, from and against any and all claims, demands, actions, or causes of action of any sort on account of damage to personal property, or personal injury, or death which may result from my participation in the above-listed program. This release includes claims based on the negligence of the Board of Regents of the University of Wisconsin System, the University of Wisconsin-Platteville, and their officers, employees, agents, and volunteers, but expressly does not include claims based on their intentional misconduct or gross negligence. **I understand that by agreeing to this clause I am releasing claims and giving up substantial rights, including my right to sue**.

**Signature: \_\_x\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature of Parent or Guardian**

**(If Participant is under 18\*): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Consent for Emergency Treatment:**

I authorize the University of Wisconsin-Platteville and its designated representatives to consent, on my behalf, to any emergency medical/hospital care or treatment to be rendered upon the advice of any licensed physician. I agree to be responsible for all necessary charges incurred by any hospitalization or treatment rendered pursuant to this authorization.

**Signature: \_x\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature of Parent or Guardian**

**(If Participant is under 18\*): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\***If your son, daughter or ward will be under 18 while participating in recreational activities at the University of Wisconsin – Platteville, it is our policy to request your agreement to the above terms, on behalf of your minor son, daughter or ward.