

# Registration Form & Waiver

# 2ND ANNUAL RUCK 'N' RUN™ 5.56K

- Participant    Volunteer  
 Rucker (walk with your own rucksack/backpack at the weight you choose)    Runner (no rucksack/backpack)  
 Team Name: \_\_\_\_\_    N/A

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email address: \_\_\_\_\_@\_\_\_\_\_

<b>Registration Fee:</b>
\$27.50 (Nov 7, 2015 – Aug 31, 2016)
\$30 (Sep 1, 2016 – Sep 30, 2016)
\$35 (Oct 1, 2016 – Oct 31, 2016)
\$40 (Nov 1, 2016 – Nov 5, 2016)

I'm participating, "In Their Honor" (Name of loved one who serves or served). \_\_\_\_\_  Not applicable

Payment Method: \$\_\_\_\_\_ (Enclosed)   Check made payable to: Ruck 'N' Run  
 Mail check to: Ruck 'N' Run, 2131 W Republic RD, Suite 135, Springfield, MO 65807

Office Use Only: Total Received \$_____
_____ Cash OR Check #_____

### The following information is for award categories:

Age: \_\_\_\_\_ [as of November 5, 2016. Six (6) years old and above must register]   Gender:  Male  Female

Which branch of the United States Armed Forces did you serve in last (if applicable):  Not applicable

- Army    Navy    Marines    Air Force    Coast Guard

**Shirt size:** (All shirts are adult, unisex)    XS    S    M    L    XL    XXL    XXXL

(Shirt only guaranteed if registered by Oct 5, 2016)

**Do you plan on camping at the Ruck 'N' Run Base Camp? It's FREE!**    Yes    No

Camp out with us. Gather around the fire pit to connect with other participants. If you would like to, bring the family. Campers and RVs welcome but utility hook ups are not available. Offsite disposal is your responsibility. Only fires in designated areas will be allowed in accordance with the local Fire Department. Camping is at your own risk and we are not responsible for lost or stolen items. Bring your own camping supplies. By signing below, you acknowledge this information.

Emergency Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

### Participant/Volunteer Waiver

I, \_\_\_\_\_ (print name), know that participating in or volunteering for this event is a potentially hazardous activity, which could cause injury and/or death. I will not enter and participate unless I am medically able and properly trained. By my online acknowledgment/signature, I certify that I am medically able to perform this event, am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the all event details and agree to abide by them. I assume all risks associated with walking/rucking/running/camping in this event, including but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, or moving on and/or off the road to complete the designated stations, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, and personal music players are not allowed in the race. I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Ikthoos, LLC, DBA Ruck 'N' Run, Meadowview Baptist Church, Inc., Camp Hope, Home at Last (a program of The Kitchen Inc.), the city of Republic, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature (Parent/legal guardian if under 18 years old): \_\_\_\_\_ Date: \_\_\_\_\_