



# The Island Charities 5th Annual 5K



Saturday, 19 November 2016 – **9:00am**

Too much fun to be had by one person – you must bring 10 friends...lol

5K Race and 3k Walk	ENTRY FEES	RACE COURSE
5K _____\$25 (now to 1 Nov) _____\$30 individual late (2 Nov to race day)  4K walk _____\$20  <b>Group Rate:</b> \$5.00 off each 5k race entry of groups of 5 or more – must be mailed in with the whole group. NO REFUNDS - Race will proceed Rain or Shine!!	<b>Make Checks Payable To:</b> The Island Charities <b>Mail To:</b> The Island Charities C/o Randy Wentworth 60 Governors Trace Beaufort SC. 29907  DO NOT mail in race app after 15 Nov 2013	5K course will Start at the end of Islands Causeway and traverse 3 neighborhoods of Cat Island and end at the same spot – the long shoot at the end will make for an exciting finish. This is <i>THE</i> easiest run in Beaufort County – guaranteed!

<b>Name:</b>		
<b>Address:</b>		
<b>City:</b>	<b>State/Zip:</b>	
<b>Contact Phone:</b>	<b>E-Mail:</b>	
<b>Sex (circle one) Male - Female</b>	<b>DOB MM/DD/YY:</b>	<b>Select one: Runner _____ Walker _____</b>
<b>T- Shirt Size (check one):</b> ___ Small ___ Medium ___ Large ___ X-Large		
<b>Need any extra shirts (\$10 each)? Yes / No</b> <b>How many _____ Sizes: ___ Small ___ Medium ___ Large ___ X-Large</b>		

### ACCIDENT WAIVER & RELEASE OF LIABILITY

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event and lack of hydration. These risks are not only inherent to athletes, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors, and organizers of the event in which I may participate, and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next to kin, successors, and assigns as follows: (A) Waive, Release, and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereby occur to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSON: The Island Charities. Their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities and claims made as a result of participation in this event, whether caused by negligence of releases or otherwise. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns. The Accident Waiver and Release of Liability shall be construed broadly to provide and release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document; and, I understand its content.

<b>Print Participant's Name &amp; Age</b>	<b>Signature (if under 18 yrs., parent or Guardian must also sign below)</b>	<b>Date</b>

### PARENT / GUARDIAN WAIVER FOR MINORS (Under 18 yrs. Old)

The undersigned parent and guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to hold harmless and indemnify each and all the parties referred to above from all liability, loss, cost, claim or damage whatsoever may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parent or legal guardian.

<b>Print Participant's Name &amp; Age</b>	<b>Signature of Parent or Guardian</b>	<b>Date</b>

**Race Information - Start Time: 9:00am \*\*\* Race Location:** Cat Island, Beaufort, SC 29907

**Packet Pick-Up:** Friday 18 November 2016 4pm to 6pm @ TBD – check website week before the race

**Parking:** Participants living outside of Cat Island are asked to park in the designated parking area around the start area – race marshal will direct you to designated parking areas.

**Results:** Results will be posted on the race website / **Awards Ceremony:** Awards presentation will begin approximately 15 minutes after the last finisher completes the race. **Awards Divisions** – see website for more info: [www.theislandcharities.com](http://www.theislandcharities.com)

**Post-race Refreshments:** Post race refreshments will be located at finish of the race.