

**EMBRACE HEALTH, WALK, RUN AND BIKE – 5k - Saturday, January 16, 2016** Registration begins at 8:00 AM Registration table at Demens Landing Park – 1<sup>st</sup> Avenue SE and Bayshore Blvd. SE

**Registration Form**

One registration form is required per participant.

You can register online at <http://www.embraceurfashions.com/Community>

I plan to:  Run  Walk  Bike  Wheelchair

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender \_\_\_\_\_

***Bike Riders 16 and under MUST wear a bike helmet.***

***This event is paid for by an MLK Day of Service Award.***

***Waiver:*** I hereby declare, assert and affirm that participation in Embrace Walk, Run, and Bike 5K 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 Event, specifically Kingdom Restoration Ministry, APM Fashion and The Deuces Live, Inc., their respective employees, agents, representatives, successors and assigns, for any and all activities connected with the above Special Event. I also understand that I do hereby WAIVE any and all rights or benefits under the State of Florida's Worker's Compensation laws for any injury incurred as a result of my participation in this event, including disregard of the posted route.

Print Name \_\_\_\_\_ Date \_\_\_\_\_

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

For questions please **contact us** on our website <http://www.embraceurfashions.com/Community>

**Bring completed paper form to the registration table between 8am – 9 an at 1<sup>st</sup> Avenue SE and Bayshore Blvd, SE, Saturday, July 16, 2016.**

Join us Thursday, January 14, 2016 at St. Pete Running Company between the hours of 10 am – 7pm for a shoe fitting. Please mention your participation in Embrace Walk, Bike Run 5K for a 10% discount on your order. ROUTE – Demens Landing to Job Corps – 5<sup>th</sup> Avenue South and 22<sup>nd</sup> Street, health testing at Job Corp, return route to Demens Landing.