

NOTE: Each participant must fill out a registration form (paper or online)!



Pleasant Hill Parks and Recreation

203 Paul Street Pleasant Hill, MO 64080 • 816-540-3135 • FAX 816-987-5141

5K Registration Form

PERSONAL INFO	
Last Name	First Name
Address (City/State/Zip)	
Email Address	Phone #
Gender (Circle One)	Age
Male	Female
Shirt Size (Circle One)	
Youth Small	Adult Small
Youth Medium	Adult Medium
Youth Large	Adult Large
Other _____	
TEAM INFO (Enter if applicable)	
Team Name	

REGISTRATION FEES (Circle Event)				
5K Run/Walk Events	Month Held	Pre-Registration		
		Kids (12 & Under)	13 & Over	Team Registration (4 or more)
PMBF "Just Felt Like Runnin"	April	\$12/Participant	\$15/Participant	\$15/Participant
Cass County Fair	July			
Midnight Moonlight	September			
<i>* Late registrations are subject to a \$10 late fee. This includes the day before AND the day of the race.</i> <i>** Day-of registration starts 1 hour before the race.</i>				

RELEASE/WAIVER	
<p>I understand that running a road race is potentially hazardous activity. I should not enter unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course. I assume the risk of walking or running in traffic. I also assume any and all other risk associated with walking or running in this event including, but not limited to falls, contact with other participants, the effect of weather, the condition of the roads all such risks being known and appreciative by me. Knowing these facts and in consideration of you accepting my entry, I hereby myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not sue and waive, release, and discharge the City of Pleasant Hill and anyone else in conjunction with the 5K Run/Walk, their agents, employees, assigns, or anyone acting on their behalf from any and/or all claims or liability of death, personal injury, or property damage of any nature whatsoever arising out of or in the course of my participation in the event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known, or unknown. Minor applicants (18 years & Under) will be accepted only with a parent/guardian signature.</p>	
Signature (Parent or Guardian if under 18 years of age)	Date
X	