



# 2019 Chick-fil-A Rugged Run

## Registration

May 18, 2019



### ONE REGISTRATION PER PERSON

#### FITNESS WAVE

The Fitness Wave is for elite athletes who can conquer this course in its entirety or complete 30 burpees as a penalty for not completing an obstacle. This wave will start at 8:30 am, and will be timed.

**8:30 am**

#### FAMILY WAVE

The Family Wave is for children 5 and up and their parents. Each team will complete the obstacles together or complete 30 burpees as a team (you may divide them however you like).

**9:00 am**

**11:00 am**

#### FUN WAVE

The Fun Wave is for children 5 and up and anyone who wants to try the course. There will be no burpee penalty and you can skip any of the obstacles you would like, but we encourage you to complete as many as you can.

**10:00 am**

**12:00 pm**

ONE REGISTRATION PER PARTICIPANT (Please print clearly)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

T-shirt Size

Youth Small     Youth Medium     Youth Large     Youth XLarge  
 Adult Small     Adult Medium     Adult Large     Adult XLarge     Adult 2XL     Adult 3XL

In consideration of accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Event Director, Recliquecore.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a mud race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a mud race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. In the event that this event is canceled due to weather or other natural disasters, I understand that my registration fee is non-refundable and a rescheduled race is not guaranteed. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

Signature (if under 18, guardians signature) \_\_\_\_\_

Registration - \$30/per person

Please make payable to:

Moultrie YMCA

Attn: Events

601 26th Ave SE

Moultrie, GA 31768