

All-Church Picnic & 5Cs 5K: Sunday, August 21

8:30am - 5K Fun Run/Walk • 10:30am - Worship Service • 12:00pm - Picnic & Activities

5K Fun Run/Walk: \$15 per person

Picnic: \$5 per person (or \$20 per family, children ages 2 & under are free)

Menu: pulled pork sandwiches, beans, salad, chips & potluck desserts.

5K Registration forms & picnic tickets available at the Welcome Desk.



5Cs 5K FUN RUN/WALK - REGISTRATION FORM

First & Last Name _____ Age: _____ Gender: ☐ M ☐ F

Street _____ City _____ Zip _____

Phone _____ Email _____

Date of Birth: _____ T-Shirt Size: Adult: ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL
Youth: ☐ S ☐ M ☐ L



(Forms must be received by Sunday, August 7, 2016 to guarantee a T-Shirt size)

5K proceeds will go to support the 5Cs Preschool ministry at Crossview by helping to maintain a program of excellence with affordable tuition rates, qualified staff and low teacher-child ratios.

5K Registration: \$ 15.00

I would like to make a donation to 5Cs Preschool (optional – this amount is tax-deductible) + \$ _____

TOTAL ENCLOSED: \$ _____

Please make checks to "Crossview Covenant Church" with "5Cs 5K" on the memo line.

ACCIDENT WAIVER/RELEASE, HOLD HARMLESS, AND COVENANT NOT TO SUE: I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, agree to release, hold harmless and covenant not to sue Crossview Covenant Church, the Evangelical Covenant Church, their employees, agents, assigns or any volunteer, participant, sponsor, promoter or spectator for any claim of ordinary negligence arising out of my participation in the 5Cs 5K Fun Run/Walk. I understand that this release, hold harmless, and covenant not to sue is limited to claims for ordinary negligence and in no way shall be construed to release claims for conduct that constitutes greater than ordinary negligence, conduct that constitutes reckless or grossly negligent conduct, or willful, wanton or intentional acts.

I hereby certify that I have read this document and I understand its content.

Participant Signature _____ Date _____

Parent/Guardian Signature (if under 18) _____ Date _____

All activities will take place at Crossview Covenant Church

2000 Howard Drive W | North Mankato, MN 56003

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