

Mail-In Registration

Please mail to:
TJ5K Race Coordinator
2502 Arkansas Street
Lawrence, KS 66046



TJ5K Trail Run & Family Fun Run

Saturday, November 19, 2016
9 a.m.

1470 N 1000 Road
Lawrence, KS

(Property adjacent to Lawrence 1st Nazarene Church)

Please make checks payable to:
Thomas John Giffin Foundation

Print Name: _____

Mailing Address: _____

City:		State:		Zip:	
Email Address:			Phone Number:		
Date of Birth:		Age on Day of Race:		Circle One: Male Female	
Signature Accepting Waiver Below:				Date:	
Please place a check beside race for which you are registering:					
5K Trail Run (\$25/\$30 race day)		1 Mile Walk/Run (\$20/\$25 race day)		"tiny k" Kids Fun Run (N/C)	
Please place a check beside t-shirt size (November 9 Deadline):					
Adult S	Adult M	Adult L	Adult XL	Adult 2XL	Adult 3XL
Youth XS	Youth S	Youth M	Youth L	No T-Shirt	

Print Name: _____					
Mailing Address: _____					
City:		State:		Zip:	
Email Address:			Phone Number:		
Date of Birth:		Age on Day of Race:		Circle One: Male Female	
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Youth XS	Youth S	Youth M	Youth L	No T-Shirt	

# of 5K @ \$25:	# 1M Walk/Run @ \$20:	Total \$ Enclosed: \$
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PLEASE SIGN ABOVE ACKNOWLEDGING THAT YOU HAVE READ AND ACCEPT THIS EVENT WAIVER:
 I know that running is a potentially hazardous activity. I should not enter or run/walk in this event unless I am medically able and properly trained. I agree to abide by any decision of a race or medical official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking on uneven terrain in this race including, but not limited to, falls, contact with other participants, effects of weather including wind/snow/ice, and the condition of the course. All potential risks are known and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf and anyone for whom I am responsible, waive and release the TJ5K & Family Fun Run, all sponsors, their representatives and successors from all claims of liabilities of any kind, including any claims arising out of negligence of aforementioned parties, arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.