

**ACKNOWLEDGMENT OF RISK,
RELEASE OF LIABILITY AND AGREEMENT.
BY SIGNING UP FOR THE RACE, YOU ARE
AGREEING TO THE RELEASE OF LIABILITY.**

- 1) I am registering for the .5K Endurance Challenge. I am fully aware this activity involves risks. I accept all the risks of participating, even if they are created by the negligence of the City of Arvada, Ralston House or its employees. "Risks" include physical exertion, crowds of people where a person may be hit or knocked down, authorized and unauthorized vehicles on the race course, and road and surface conditions. I know there are other risks that are not listed.
- 2) I fully release, discharge and waive any claims I may have, now or in the future, against the City of Arvada and Ralston House and its employees. "Claims" mean any liabilities, demands, legal actions, and rights of action for damages, personal injury or death that are related to participation in the .5K Endurance Challenge Activities that I or my heirs or personal representative could make.
- 3) I am aware there is no obligation for any person to provide me with medical care during the .5K Endurance Challenge. If medical care is rendered to me, I consent to that care if I am unable to give my consent for any reason at the time that the care is rendered. I am aware it is advisable to consult a physician prior to participating in the race.
- 4) I agree not to consume alcoholic beverages before or during any of the .5K Endurance Challenge Activities.
- 5) I grant my permission to the City of Arvada and Ralston House to utilize any photographs, motion pictures, videotapes, recordings and any other references or records of the .5K Endurance Challenge Activities which may depict, record, or refer to me for any purpose, including commercial use.
- 6) I agree to abide by the rules of the .5K Endurance Challenge Activities. I am aware the rules prohibit bicycles or inline/roller skates. I acknowledge that, if I violate any of these prohibitions or other rules, I may be removed from the course.
- 7) If the participant is under 18 years of age, the parent or guardian agrees to the following statements: *As a parent or guardian of the participant, I authorize the child to participate. I agree that in the event participant, or anyone acting on his or her behalf, should make any claims, I will provide the indemnity and hold harmless as described above.*



10795 W. 58th Avenue • Arvada, CO 80002

Seeking the Truth
Learning to Heal

Place
Stamp
Here



Saturday, August 14, 2010

Start Time is 10:00 a.m.

Registration forms available at the Arvada City Hall front desk and at www.ralstonhouse.net.
For more information call us at 720-898-6745 or email: dmoseley@arvada.org.

Take the Challenge, Get an Official T-shirt and Help Colorado Kids

It's easy! A .5K is 1,640 feet and everyone can run or walk this race!

The run/walk will start near the Olde Town Library at 7525 W. 57th Avenue. Runners will head east on 57th Avenue, turn south on Webster, and continue west on Grandview past many of the merchants in Olde Town, then north on Olde Wadsworth ending at the Olde Town Library. Pridemark Paramedic Services will staff an aid station along the course and the Arvada Fire Department will provide water to keep you cool!

Start Time

The race will begin at 10:00 a.m. in front of the Olde Town Library at 7525 W. 57th Avenue. Day of race registrations will begin at 8:30 a.m.

T-Shirt Pick Up

Shirts will be distributed to pre-registered entrants (and same day entrants as supplies last) starting at 8:30 a.m. on Saturday, August 14 in the Olde Town Plaza.

Fun Activities

- Prizes for best costume
- Prizes for largest team
- Pancake breakfast from 9:00 - 11:00
- Activities for children

Need more information?

Call us at **720.898.6745** or email: dmoseley@arvada.org or visit www.ralstonhouse.net

Please note: No official race time will be kept.



About Ralston House

Ralston House is a non-profit organization that works in conjunction with law enforcement, social services, and the District Attorney's Office to provide a friendly and safe place for children who have been sexually or physically abused to tell their stories. Ralston House provides professional staff specially trained to interview children and provide support to families. All proceeds from the race benefit Ralston House.

Map



Sponsors



CITY OF ARVADA



Fill out the form, enclose your check or payment information and send to: Ralston House, 10795 W. 58th Avenue, Arvada, CO 80002. Payments are also accepted at the cashier's office in the Arvada City Hall building. You may also register online at www.ralstonhouse.net via PayPal.

Personal Information

Please indicate child or adult T-shirt size for each entrant (6-8, 10-12, 14-16 for kids and S-XXL for adults). NOTE: T-shirt size cannot be guaranteed if registered after 8/1/10.

First Name _____ Last Name _____ Shirt _____
Additional members (for Fun 4 pack registration)

First Name _____ Last Name _____ Shirt _____

First Name _____ Last Name _____ Shirt _____

First Name _____ Last Name _____ Shirt _____

Mailing Address _____

City _____ State _____ Zip _____

E-mail address _____

Daytime phone _____

CC Type _____ Credit Card Number _____
(Mastercard and Visa)

Expiration Date _____

Total Enclosed \$ _____

Payment Information

	Postmarked before 8/1/10	After 8/1/10
Children (12 or under)	\$15	\$20
Adult	\$20	\$25
Fun 4 Pack (4 family members)	\$60	\$70
Team of 10 (10 team members) attach additional forms	\$120	\$160

Cancellation: Entry fees are nonrefundable. Sorry, no exceptions. Race will be held rain or shine.