



8th Annual Pumpkin Pacer 5K



IT'S A COSTUME RACE!

Saturday October 29, 2016

Starting Line: St. Mary's Presentation Parish Deer Park, WA (602 E. 6th Street)

Day of Check-in & Registration: 8:30–9:30 a.m.

5K Start Time: 10:00 a.m.

Kids Fun Run: 9:30 a.m.

Non-Refundable Entry Fees:

5K no shirt.....	\$10	5K with tech shirt.....	\$25
Kids cotton t-shirt.....	\$10	5K with long-sleeve tech shirt.....	\$28
Kids fun run with no shirt.....			2 cans of food

*****THERE WILL NOT BE A 2ND SHIRT ORDER THIS YEAR*****

SELECT Shirt Size: Youth S Youth M Youth L Youth XL Adult S Adult M Adult L Adult XL

Participate in the fourth annual Pumpkin Pacer 5K fun run. All proceeds from this race will go to benefit local area food banks (The Greenhouse and Loon Lake food bank). The continued economic situation has left our local area food bank resources depleted and unable to adequately serve our communities. Please help us help those in need.

Prizes will be awarded to top male/female finishers and top male/female masters finishers. There will also be awards for the best adult and child costumes, as well as many GREAT DOOR PRIZES!

Please make checks payable to "St. Mary's Parish / K of C Pumpkin Pacer." Please mail checks and registration postmarked by October 15, 2016 (for race day t-shirt) to:

B&B Physical Therapy
Attn: Pumpkin Pacer
6415 N. Monroe Spokane, WA 99208

Name: _____ Age on 10/29/2016: _____ Sex: M F

Address: _____ State: _____ Zip Code: _____

City: _____ Home Phone : _____

I know that participating in a 5K run/walk or fun run is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I assume all risks from participating in this event and its related activities including, but not limited to: falls; contact with other participants; effects of the weather, including high heat, humidity, precipitation, traffic and the conditions of the road; all such risks being known and appreciated by me. Having read this waiver and release and knowing these facts and in consideration of your accepting my entry fee and participation, I, for myself and anyone entitled to act on my behalf, waive and release St. Mary's Presentation Parish and Knights of Columbus Council 9721, race officials, volunteers, sponsors and their respective affiliates, subsidiaries, principals, directors, agents, officers, employees or contractors of and from all claims, liabilities or causes of action of any kind arising out of my participation in this event or its related activities which I or my successors, assigns or heirs may ever have now or in the future against any of them. This release and waiver extends to all claims of every kind and nature whatsoever. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any lawful purpose. Applications for minors will be accepted only with a parent's signature and all children participating in the 5K race under the age of 15 must be accompanied by an adult during the entire race.

Signature: _____ Date: _____

Parent/Guardian Signature : _____ Date: _____

(A parent or legal guardian must sign for all participants under the age of 18)