

The Highland Hills 5K
Saturday, June 13, 2009 ~ 8:30 AM



Race day registration will open at 6:30 a.m. and close promptly at 8 a.m.

If registering on race day, please arrive early.

Last Name _____ First Name _____

Address (street, city, state, zip) _____

Phone Number _____ E-mail Address _____

Male _____ Female _____ Age on 06/14/08 _____ Date of Birth _____

T-shirt Size (S,M,L,XL) _____

Send entry check (made payable to the Highland County Chamber of Commerce) to the following address:

Highland County Chamber of Commerce
PO Box 223
Monterey, VA 24465

Waiver: In consideration of being permitted to participate in the 2009 Highland Hills 5K, I, _____, do hereby for myself, my heirs, executors, administrators and assignees, release and forever discharge the Highland Hills 5K, the Highland County Chamber of Commerce, and all its respective officers, directors, employees, agents, all sponsors, the Town of Monterey, the County of Highland, and all those persons involved in organizing and manning this event from all claims, demands, losses, damages, actions, cause of action or suits of whatsoever kind or nature, arising out of my participation in the Highland Hills 5K on June 13, 2009. I realize that some of the activities may subject me to certain stresses and hazards, not all of which can be foreseen. I desire and consent, by signing this form, to take part in all such activities. I assume all the ordinary risks normally incident to the nature of this activity. Furthermore, I also agree that I have appropriate health care coverage for this activity.

Signature of Participant

Date

Signature of Parent/legal Guardian if Participant under 18 years of age

Date