

Columbia High School's 2021 *Run for Life*
In Support of
The Ronald McDonald House

Saturday, April 17, 2021 @ 11:00 am at Columbia High School

This is a 5K

A 5K run/walk with on-site registration taking place starting at 10:00 am at Columbia High School. Registrations accepted up to and including the morning of the race. Top three racers will receive a Prize.

Masks are required and Temperature checks will be done upon registration.

Entry Fees:

\$25.00 for all runners.

*****All proceeds will be donated to Ronald McDonald House.*****

Please fill out the bottom of this sheet for registration, detach the registration form, and return to Columbia High School, c/o Mr. Rune Williams, 962 Luther Road, East Greenbush, NY 12061 by Thursday, April 15, 2021. You must also sign the attached waiver and turn into the Main Office with the registration form.

If you have questions, please email Rune Williams at williamsru@egcsd.org with any questions.

(Please detach and return – one registration form per runner, please)

Name: _____

Address: _____

Evening Phone Number: _____

Amount Enclosed: \$ _____ (please make checks out to "CHS Leaders of Tomorrow Leading Today")

WAIVER, RELEASE AND ASSUMPTION OF RISK

April 17, 2021 *Run for Life*

In consideration of accepting this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators **WAIVE** and **RELEASE** any and all rights and claims for damages I may have against the East Greenbush Central School District or the County of Rensselaer as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to a course that may have uneven terrain, rocks, roots, and any other obstacles. I further state that I am physically fit and have sufficiently prepared for this race and **ASSUME ALL RISKS** associated with the event. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for the East Greenbush Central School District to use any photos, videos or any other record of this event for any purpose whatsoever.

Signature _____ Print Name _____

Date _____

Parent Signature _____ (if under 18)

Address _____