Read this document completely before signing. Its effect is to release the sponsors and CSU from any liability resulting from your participation in the below named activity and waives all claims for damages or losses against the sponsors and CSU.

Release From Responsibility, Assumption of Risks and Waiver

In consideration of my being permitted to participate in the following activity: Homecoming Race at Colorado State University, on Saturday, October 14, 2017.

I, (print name) __________________________________________, exercising my own free choice to participate voluntarily in the above named activity, and promising to take due care during such participation, hereby release and discharge, indemnify and hold harmless the Department of Health and Exercise Science, the Board of Governors of the Colorado State University System, and Colorado State University, and their members, officers, agents, employees, and any other persons or entities acting on behalf, and the successors and assigns for any and all of the aforementioned persons, and entities, against all claims, demands, and causes of action whatsoever, either in law or in equity, relating to injury, disability, death, or other harm, to persons or property of both, arising from my participation in and/or at the above listed activity.

I acknowledge that I have been informed of hazards and risks which may be associated with participation in the above mentioned activity. I understand, accept, and assume those hazards and risks, and waive all claims against the Department of Health and Exercise Science, the Board of Governors of the Colorado State University System, and Colorado State University, and other persons as set forth above. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through my participation in normal or unusual acts associated with the above named activity.

I have had sufficient time to review and seek explanation of the provisions contained above, have carefully read them, understand them fully, and agree to be bound by them. After careful deliberation, I voluntarily give my consent and agree to this Release from Responsibility, Assumption of Risk and Waiver.

Read and acknowledged this ________ day of __________________________, 2017.

Signature of the person whose name appears above: __________________________________________________________________________________

Signature Witness

If participant is under the age of 18, his/her parent or legal guardian must also sign:

I, (print name) __________________________________________________, am parent or legal guardian of the participant who has signed above.

I have read and understand the provisions of this document, I consent to the participant participating in the activity described above, and fully enter into and agree to the above Release from Responsibility, Assumption of Risk and Waiver.
Support Healthy Lifestyles
Proceeds from the race will support the Heart Disease Prevention Program of the Human Performance Clinical Research Laboratory.
The Heart Disease Prevention Program provides an opportunity for individuals to be screened for all the risk factors for heart disease. This screening includes personal and family history, a maximal treadmill test, an examination by a physician, blood lipid analysis, body composition assessment, and much more!

Registration Information/Pre-register and Save!
CSU Student registration by 12 p.m. on Friday, Oct. 13: $20.00
Early bird registration by 4 p.m. on Friday, Oct. 6: $25.00
Pre-registration by 12 p.m. on Friday, Oct. 13: $30.00
Race Day registration: $35.00
Note: Children 12 and under, only if pre-registered by 4 p.m. on Friday, Oct. 6: $20.00
Please pre-register at one of the following locations:
The Department of Health and Exercise Science
8 a.m.–4:30 p.m. Monday–Friday
Room 220B Moby B-Wing, (970) 491-5081
951 W. Plum St.
email: hesinfo@colostate.edu

T-Shirts and Race Bibs
Race entry includes a uniquely designed long-sleeved T-shirt plus a timing chip coded race bib. Pre-registrations done in person at one of the registration locations will receive their Racing Bibs and their T-shirt at the time of registration.
Online and mail-in registrations may be picked up M-F from 8 a.m. to 4:30 p.m., but only until noon on Friday, Oct. 13, at the Department of Health and Exercise Science. Please allow us 72 hours to process online registrations. You may call us at (970) 491-5081 for directions to the pickup location in Moby and to see if your race bib is ready. After pre-registration, T-shirt sizes are limited so you are encouraged to register early and pick up before race day.

Show Your Ram Pride and Save!
Each race participant will receive a coupon to the CSU Bookstore for a special money saving promotion.

K ids Fun Run at 9 a.m.
A free Kids Fun Run will take place at 9 a.m. The one mile event will consist of a course around the perimeter of the Stadium. All finishers will receive Homecoming Race ribbons.

The Homecoming Run is the seventh race in the 18th annual “Healthy Kids Run Series” sponsored by the Healthy Kids Club, University of Colorado Health. Kids who participate in four or more of the eight runs in the series earn prize money. For more information on the series visit www.uchealth.org.
Current card holders for the Fit Teen Run Series can get discounted prices for the 5K Run. Visit www.uchealth.org for more information. Fit Teen groups and all other groups must register by Friday, Oct. 6.

Race Day Events
Registration will start at 6:30 a.m. the morning of the race southeast of the Stadium and will close promptly at 7:45 a.m. The National Anthem will be played at 7:55 a.m.

The 5K Race begins at 8 a.m., just east of Hughes Stadium.

Awards
First, second, and third place finishers in each of the age divisions listed below will receive a hand-crafted piece of pottery by local artist T.S. Berger. There also will be a prize drawing during the awards ceremony. Race entrants must be present to win.

Men 6 Women each:
10 and under 15-19 30-39 50-59 70 and above
13-14 20-29 40-49 60-69

Race Results
Race results will be posted the day of the race at: www.runlimitedfc.com and www.active.com

New this year — Team registration!
Teams of 4 can compete in varying categories for fastest team times and win separate prizes. See more information at www.hes.chhs.colostate.edu/homecoming.
Team registration must be done in office or online only (no mail-in registrations).

To keep up to date on all race registration and race day information visit www.hes.chhs.colostate.edu/homecoming

Questions/Information
(970) 491-5081 • email: hesinfo@colostate.edu
www.hes.chhs.colostate.edu/homecoming
In case of inclement weather, check our website for race updates.

Celebrate Homecoming with a Morning Walk or Run
The Department of Health and Exercise Science and the Colorado State University Student Wellness Club invite you to participate in the 37th Annual Homecoming 5K Race on Saturday, October 14, at 8 a.m. Come join in the race and enjoy the festivities prior to the football game.
The 5-kilometer race starts and finishes at Hughes Stadium grounds. Those driving will enter off of Dixon Canyon road at the south end of the stadium for parking.
Runners and Walkers are Welcome!

Health and Exercise Science
Colorado State University

Commute by Bike and Win!
The first 100 commuters to the race by bike get a free water bottle!

2017 5K Homecoming Race Entry Form
Please Print Clearly
Name ____________________________________________
Age (on race day) __________ Sex ______
Email __________________________ Address __________________________
City __________________________ State __________ Zip Code __________
Phone ( ) __________________________

Please check all that apply below.
☑ CSU Student
☑ CSU Faculty/Staff
☑ Adult Fitness Participant
☑ HES Noon Hour Participant
☑ Fort Collins Community Member
☑ Alumni/Alumnae College or Dept.
☑ PSD Student, School
☑ From Outside the Fort Collins Area
☑ Other

Shirt Size: ☐ S ☐ M ☐ L ☐ XL

Please check the appropriate box.
☑ CSU Student registration by 12 p.m. on Friday, Oct. 13: $20.00
☑ Early bird registration by 4 p.m. on Friday, Oct. 6: $25.00
☑ Pre-registration by 12 p.m. on Friday, Oct. 13: $30.00
☑ Race Day registration: $35.00
☑ Children 12 and under, only if pre-registered by 4 p.m. on Friday, Oct. 6: $20.00

Call (970) 491-5081 for discount information with groups of 20 or more and registration must be received by Friday, Oct. 6 for the 10% discount. No refunds will be available.

Payment Options Include:
1. Make checks payable to Colorado State University Wellness Club
2. Cash
3. Pay with credit card online at www.hes.chhs.colostate.edu/homecoming or in the main office Moby 6220.

Please mail to: Homecoming Race
Department of Health and Exercise Science
1582 Campus Delivery
Fort Collins, CO 80523-1582

Please read and sign the release form on the reverse side of this form. You cannot participate without signing this form.