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 8, 2016.

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.

I understand that dogs will not be allowed at the Oval or in the race.

Read and acknowledged this ______ day of __________________________, 2016.

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!
Early bird registration by 4 p.m. on Friday, Sept. 30: $25.00
Pre-registration by 12 p.m. on Friday, Oct. 7: $30.00
Race Day registration: $35.00
Note: Children 12 and under, only if pre-registered by 4 p.m. on Friday, Sept. 30: $20.00
Please pre-register at one of the following locations:
The Department of Health and Exercise Science
Room B100 Moby B-Wing. (970) 491-5081
953 W. Plum St. email: hesinfo@colostate.edu
or
Register Online! Online registration is only available for Early bird and pre-registration.
www.hes.chhs.colostate.edu/homecoming
Registration closes at 4:30 p.m. Thursday, Oct. 6.

T-Shirts and Race Bibs
Race entry includes a uniquely designed long-sleeved shirt plus a timing chip coded race bib. Pre-registrations done in person at one of the registration locations will receive their Racing Bib 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. 7, at the Department of Health and Exercise Science. Please allow us 72 hours to process online registrations. If you need to change your pickup location, call (970) 491-5081. Race bibs will be available for pick-up from 7:30 a.m. to 7:45 a.m. Parents who register their children to race must be present on race day to pick up their children’s bibs.

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

Kids Fun Run at 9 a.m.
A free Kids Fun Run will take place at 9 a.m. at the Oval after the 5K event. There will be a 0.3 mile course for kids under 5 and a 0.7 mile course for kids 5 to 12. All finishers will receive ribbons.

The Homecoming Fun Run is the seventh race in the 11th 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 prizes. For more information on the series visit www.unchs.org.

In loving memory of Dr. Gay Israel, 2016

“Eventually, all things merge into one, and a river runs through it.”
– Norman Maclean from his novel “A River Runs Through It”