

FORMAK WAIVER & RELEASE

I know that running/volunteering for the FORMAK 5K is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov-prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

I understand that skateboards, roller skates or inline skates are not allowed in the race, and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release FORMAK and the City of Cheyenne and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is canceled before or during the event.

Participant/Signature: _____

Date: _____

Parent's Signature if under 18 years: _____

Date: _____

REGISTER ONLINE TODAY!



DONATE!



www.ForMak307.com



@ForMak.307

FORMAK is a 501(c)(3) nonprofit organization.



3rd Annual FORMAK 5K/Fun Run

Saturday, June 8, 2024
Lion's Park South Pavilion

Check-In/Registration – 7:00 a.m.
Race – 8:00 a.m.

FORMAK is a 501(c)(3) nonprofit organization.

Saturday June 8, 2024 Lion's Park South Pavilion

- Check-In/Registration – 7:00 a.m.
- Race time – 8:00 a.m.
- Starting Line – Lion's Park South Pavilion

AGE GROUPS

Male and Female:

- 14 and under
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60 and up

AWARDS

Awards will be presented to the top 3 male and top 3 female runners in each age group.

CHECK-IN AND SHIRT PICK-UP

- Thursday, June 6 – Friday, June 7
10:00 a.m. to 6:00 p.m.
Foot of the Rockies, located at:
1802 Dell Range Blvd., Space #4
(next to Brown and Gold Outlet),
Cheyenne, WY 82009
- Race Day (Saturday, June 8)
7:00 a.m. – 8:00 a.m.
Lion's Park South Pavilion

FEES

- **\$35.00** – Early Registration
 - **\$50.00** – Race Day Registration
- Please make all checks payable to:
FORMAK

SKIP THE LINE ON RACE DAY!

Register online!



RACE COURSE

The race course starts close to the Lion's Park South Pavilion and will finish just south of the Botanic Gardens. *This course is mostly flat.*

CONTACT US

FORMAK
P.O. Box 21997
Cheyenne, Wyoming 82003
Formak.307@gmail.com
www.ForMak307.com



Scan this QR code to be taken directly to RaceEntry.com where you can register online! **It's easy!**

PARTICIPANTS:

Please read and complete this panel, front and back, and mail with your check to:

FORMAK
PO Box 21997, Cheyenne, Wyoming 82003

Please make all checks payable to:
FORMAK

Name: _____

Age on Race Day: _____

Phone: _____

Address: _____

Email: _____

Gender: _____

Shirt Size: (circle one)

Adult: S M L XL XXL
Youth: S M L

Do you want a race time? Yes No

**Bib # will be assigned the day you pick up your shirt. If you don't wear your bib, lose it or forget it you won't be timed.*

Office use only:

Bib #: _____

WAIVER

All participants **MUST** complete and return the Waiver and Release on the reverse side of this registration form.

(over)

Detach along dotted line