



**GAC Run/Walk 5K Registration**  
**\$15.00**  
**August 3rd 5K**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_

**Email address:** \_\_\_\_\_ **Phone Number: (H)** \_\_\_\_\_ **(C)** \_\_\_\_\_

**Walk/Run (Circle-one)**

Please note that no stop watches, or other timing devices will be allowed to help you keep your pace. You may run with an ipod to help keep you motivated but please be honest and use it as its intended...not as a stop watch. You may find the race course map on the GAC website. We will have race officials on corners to help keep you on the right path. If we don't have enough participants the race will be canceled.

**PLEASE RETURN THIS FORM AND REGISTRATION FEE TO:**

Goodland Activities Center  
808 Main  
Goodland, KS 67735  
785-890-7242  
**[www.goodlandgac.com](http://www.goodlandgac.com)**

**Disclaimer and Release:** I hereby, for myself and my minor child/children named above, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I or they may have against the Goodland Activities Center, the City of Goodland, and their respective agents, representatives, successors and assigns for any and all injuries which may be suffered by me in connection with any participation in this program, and agree that I and my minor child/children are assuming the inherent risks of participating in this activity.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**GAC USE ONLY**

**Payment:**      **Check #** \_\_\_\_\_      **Cash** \_\_\_\_\_      **Amount** \_\_\_\_\_

**Staff Signature** \_\_\_\_\_      **Date** \_\_\_\_\_