



High School Invitational Cross Country 5k

Saturday, October 6, 2018
at Portland International Raceway
Portland, Oregon

Each coach will complete this form.

Instructions

- Print entry form (Coaches or teams will not be accepted without this form)
- Send check for \$125 for boys' team and \$125 for girls' team
- Mail form and check to Uberthons P.O. Box 217 Sherwood, OR 97140
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Name	
Position	
School Street Address	
City, State ZIP	
Name of School	
No. of Boy's team members	
No. of Girl's team members	
Phone	
Email	

PARTICIPANT WAIVER & DISCLAIMER

I agree that Uberthons or Fast On Flat may use photographs of my likeness in printed and digital media. All runners, all volunteers, all staff members, all participants, all website people, all accounting personnel, all equipment suppliers . . . all people who associate with Uberthons or Fast On Flat adhere to the Honor Code. More than a code of etiquette, the Honor Code is a voluntary way of behavior when a race is being planned, managed, and in progress. As an Uberthons or Fast On Flat associate, I will: 1) Be honest, 2) Help others who are in need, 3) act with integrity, 4) Avoid profanity, 5) Be respectful of other associates and spectators. By following this simple Honor Code, all participants will enjoy the company of all who assemble to have fun, compete, and exercise. Those who break the honor code while at the race site will be asked to leave the site, and will receive no compensation of any kind.

I know that volunteering or directing or otherwise participating in an organized running/walking event is potentially hazardous, and that I should not help or coach unless I am medically able and properly trained. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN AN UBERTHONS OR FAST OF FLAT EVENT. I certify that I am physically fit and that I have been sufficiently trained. I agree to abide by the rules and directives of the organizers of this event. I hereby take the following action for myself, my executors, administrators, heirs, next to kin, successors and assigns, or anyone else who might claim or sue on my behalf, and I hereby waive, release and discharge from any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, or theft which may arise out of or relate to my participation in this event. Furthermore, I agree not to sue, and to hold harmless any and all persons, sponsors, volunteers, participants, the city in which the event occurs, city personnel, Uberthons or Fast On Flat personnel, league directors, event sponsors, event volunteers, and event participants for any and all claims or liabilities that I have waived, released or discharged herein. I understand that I am helping at my own risk. I will complete the invitation information with Athletic.net in July 2018.

X _____ Date _____
Signature

X _____ Date _____
(Signature of Principal)