



1st Annual
Fa La La 5K
Run / Walk



SATURDAY, NOVEMBER 25, 2023 9AM

*Bloomsburg Fair Grounds
620 West Third St.
BLOOMSBURG, PA 17815*

COURSE: Bloomsburg Fair Grounds. Closed Course. Fast and Flat.

ENTRY FEE: \$30.00 **Pre-Entry** if received by November 8, 2023.

All Pre-Entry registrants receive a T-Shirt in the Fa La La swag bag.

*First 100 registered receive a Fa La La swag bag.

DAY OF REGISTRATION: \$35.00

FOOD: Post-Race food will be provided for runners.

AWARDS: Female and Male (1st, 2nd, & 3rd)

- ★ 10 & under
- ★ 11-19
- ★ 20-29
- ★ 30-39
- ★ 40-49
- ★ 50-59
- ★ 60 & over
- ★ Best Dressed

CHECK-IN: 7:30-8:30 AM – Bloomsburg Fair Grounds Administrative office

******Mail with your payment to Bloomsburg Fair Treasurer's office******

Registration will not be accepted without being accompanied by signed Release of liability waiver

INDIVIDUAL REGISTRATION

NAME _____ M/ F AGE _____ DATE _____

T-Shirt Size: XS S M L XL XXL

SIGNATURE (If under 18, parent/guardian signature) _____ RUN / WALK

ADDRESS _____

CITY,STATE _____ ZIP _____

EMAIL _____

****OVER****

Release of Liability

FA LA LA 5K RUN/WALK

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

This event follows the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non transferable.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

SIGNATURE (If under 18, parent/guardian signature) _____