Mary Star of the Sea High School's

3rd Annual 5K Run/Walk

WHEN: Saturday, March 25, 2017 at 9 AM, Check-in at 8 AM

WHERE: The course **STARTS** and **FINISHES** at Mary Star of the Sea High School, 2500 N. Taper Ave., San Pedro, CA 90731

HOW: Register online at www.MaryStarHigh.com or at the school's main office.

- Registration fee

  $20 for anyone the age of 18 and under or over 65
  $25 for all other participants.

WHY: The proceeds will be used by the MSHS Athletic Booster Club to assist and fund scholarships, maintain equipment and facilities, and other athletic needs.

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WAIVER AND RELEASE OF LIABILITY: I _____ know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I assume all risks associated with running/walking this event including but not limited to, falls, contact with other participants, the effect of the weather, including high heat and or humidity, extreme cold, the condition of the road and traffic of the course, all such risk being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry to participate in the 2017 MSHS 5K run/walk (March 25, 2017), I, for myself and anyone entitled to act on my behalf, waive and release MARY STAR OF THE SEA HIGH SCHOOL, the city of SAN PEDRO, the state of CALIFORNIA and all 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 person(s) named in this waiver. I hereby give my permission to the event organizers and sponsors to use my name and/or picture and any publication, broadcast, telecast or other account of this event without limitations or obligations of further compensation thereof. By signing this waiver and release I certify that I fully understand its significance.

Age	Name	Participant Signature (18 and older) Date
MALE / FEMALE	SML MED LRG XL XXL	
Gender	T-Shirt Size	Parent Signature (participants under 18) Date

OFFICE USE ONLY	T-SHIRT	PAYMENT	DATE