



**Sunday - July 24<sup>rd</sup>, 2016 - 9:00 a.m.**

**Cresco Fitness Center**

**Adult Fee - \$20.00 includes t-shirt  
10 and under - \$15.00 includes t-shirt**

.....  
Name \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ Age \_\_\_\_\_

Email Address \_\_\_\_\_ Phone # \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone# \_\_\_\_\_

**Shirt Size: Youth small \_\_\_ Youth medium \_\_\_ Youth large \_\_\_**

**Adult small \_\_\_ Adult medium \_\_\_ Adult large \_\_\_**

**Adult XL \_\_\_ Adult 2XL \_\_\_**

**If you have any questions please call:  
Becky Creger at (641)330-3830 or TJ Casper at 563-880-0023  
Or email us at: cfcspintrtriathlon@gmail.com.  
Make checks payable to "Cresco Fitness Center" Memo "150th 5K".**

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**I hereby assume full responsibility for any risk, implicit or direct, in connection with participation in any activities at the Cresco Fitness Center.**

**I acknowledge that I have received advice from my doctor that I am capable of physical activity such as that provided, or that I will seek advice, or that I assume the risk of proceeding without such advice. I further acknowledge that I have been informed that if I have a history of heart disease that I should consult a physician before proceeding with the agreement.**

**I hereby waive, release, and forever discharge the Cresco Fitness Center, its employees, and the City of Cresco, and all others from any and all responsibility or liability from: ~injuries ~illnesses ~damages resulting from participation ~or loss of personal property, While participating in any activities at the Cresco Fitness Center whether indoors or outdoors, supervised or unsupervised. I declare that I have read, understand, and agree to the contents of this Waiver of Liability Statement in its entirety. By enrolling/registering myself or child in a Cresco Fitness Center event, I am consenting to the use or reproduction of myself or my child's likeness, name, artwork, design or creation on any promotional materials, schedules, or other printed or electronic media, including dissemination by electronic means.**

**Print name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Print (for participants under 18 years):** \_\_\_\_\_

**Parent Signature (for participants under 18 years):** \_\_\_\_\_ **Date:** \_\_\_\_\_