

2021 HOPE 5K Run and Walk



REGISTRATION FORM

Thank you for registering for the 2021 Hope 5K Run and Walk, a benefit for the Siena Francis House. Please also join us for the “Finish Line” festival of music and food, following conclusion of the event, until 12pm.

- WHEN:** Sunday, September 19, 2021 (9:00 am – 5K Run; 9:05 am – 5K Walk)
- WHERE:** Elmwood Park Pavilion, 808 South 60th Street – free parking is available at UNO’s east garage, with shuttle service.
- COURSE:** The 5K will run along Elmwood Park Drive to Pacific Street and return to the pavilion.
- ENTRY FEE:** \$30 (includes a t-shirt and swag bag) prior to Sept. 19th
\$40 (includes a t-shirt and swag bag) day of race
- AWARDS:** Awards given in 5K run only. No awards will be given for the 5K Walk.
For both men and women: Overall winners 1st, 2nd and 3rd; 1st, 2nd and 3rd in the following age groups: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60 & Over

Please go to SienaFrancis.org to register for the event, or complete and mail the form on the reverse side (one form per registrant, please). Mail form and payment to:

Hope 5K Run and Walk
Siena Francis House
PO Box 217-DTS
Omaha, NE 68101-0217

2021 HOPE 5K Run and Walk Registration Form

Name: _____ Phone: _____ Male: _____ Female: _____

Address: _____ City: _____ ST: _____ Zip: _____

Email: _____

Choose Event: _____ 5K Run or _____ 5K Walk Age on Day of Event: _____

Circle Shirt Size: Youth S M L

Adult S M L XL XXL XXXL

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, roller skates or inline skates, animals, and personal music players are not allowed in the race, and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Siena Francis House, the city of Omaha, and Peak Performance, all event 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 persons named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: _____

Parent or Guardian Must Sign if registrant is under 19 years of age

Date: _____