



45th Annual Fowl Fun Run 10K Run & 5K Run/Walk

November 11, 2023

For more information: www.fowlfunrun.com

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Sex (M/F): _____ DOB: _____ Age on 11/11/2023: _____

Event Distance (Check One) ☐ 5K run/walk ☐ 10K run

The Skagit Wellness Advisory Team will cover the registration fee **for SRH employees only** if they register through SWAT by 11/1/2023. Family members can be registered at the employee's expense by visiting www.fowlfunrun.com.

Release Waiver

I know that participating in a road race is a potentially hazardous activity. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of the weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I for myself and anyone entitled to act on my behalf, waive and release the City of Mount Vernon, County of Skagit, Mount Vernon Christian School, Skagit Runners, Skagit Running Company, Road Runners Club of America, all sponsors and contributors including Skagit Regional Health and the Skagit Wellness Advisory Team (SWAT), volunteers, their representatives and successors from claims or liabilities of any kind arising out of my participation in this event even though the liability may rise out of negligence or carelessness on the part of the persons named in this waiver.

I also understand that my entry fee is non-refundable. I understand that this event is RRCA-sanctioned and that bicycles, skateboards, baby joggers or strollers, roller skates or blades, headsets, and animals are not allowed in the race, and I will abide by these guidelines.

This authorization does not expire, but I may revoke it in writing at any time, except to the extent that action has been taken in reliance on this authorization. I understand that any disclosure carries with it the potential for an unauthorized redisclosure and may not be protected by federal or state confidentiality laws.

I hereby grant permission to be photographed, filmed or videotaped in whole or in part by Skagit Regional Health. I also consent to the use and reproduction of said photographs, films or videotapes to be used at their discretion, for publication, newspapers, television, electronic media, video or motion pictures.

Participant Printed Name

Date

Signature

Race Schedule:

8:25 am - 9:50 am: Bib number/chip pick up

10 am: 5K & 10K start

Official Fowl Fun Run merchandise is available for purchase at employee expense. Visit www.fowlfunrun.com for options.