

2023 Mother's Day 5K Mail-In Registration Form

Important! Birthdate: mm/dd/yyyy _____

Name _____

Address _____

City/ST/Zip _____

Email _____

Phone _____

T-shirt size (circle one)

Women's cut : XS S M L XL 2X 3X 4X

Youth size (unisex): XS S

Check all that apply

____ **Registration mailed by March 31 \$32**

____ **Registration mailed April 1 through April 30 \$36**

____ **2023 Living in Vitality (LIV) Training Team memberssubtract \$5**

____ **Girls age 18 & under subtract \$5**

____ **Virtual entrants..... subtract \$5**

____ **Mail my t-shirt and packetadd \$10**

Total enclosed \$ _____

Please no mail-in registrations after April 30; we may not have time to receive and process them. You may register race weekend at Packet Pick Up, but the registration fee increases to \$40.

**Please full out one form per person.
Be sure to sign the waiver on next page.**

Virtual event waiver: I know that running in an event that is organized as a virtual activity where I run on my own, at a date and time of my choosing, in a location and running route of my choosing, which will not have any support or security measures in place by the event organizer, the Kansas City Express, Inc. The Mother's Day 5K is a potentially hazardous activity, which could result in injury or death. I acknowledge that I am participating in the activity outlined by this virtual event by my own free will and at my own personal risk. I will not participate in a virtual event 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 further 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/coronavirus/2019-ncov/prepare/prevention.html>. I attest that if my community has a shelter in place order, that I will only participate in the virtual event by using a personal treadmill, and I will not run outside in the community during the duration of a shelter in place order. I agree to follow all pedestrian safety ordinances including running on a sidewalk where available and not in the road. I agree to follow the rules of the road if no sidewalk or multi-use trail is available and I will run against oncoming traffic and not with traffic.

I agree to abide by any decision of a race official relative to any aspect of my participation in this virtual event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I having read the rules of the virtual race scheduled for May 9, 2021 including the terms in this waiver, the timeline of the virtual event, and agree to abide by them. I assume all risks to me associated with running on my own as part of this virtual activity, including but not limited to: falls, contact with other pedestrians, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or trail, all such risks being known or unknown and appreciated by me when out running on my own without any type of support from local officials or event organizers.

I also acknowledge that packet pickup will change from an onsite pickup within a sponsor's physical location to a parking lot or some other open area in which there is a risk of pedestrian or vehicle accidents as well as COVID-19 exposure. The terms of this waiver also apply to my participation in any physical packet pickup offered by the event organizer. If physical packet pickup is not feasible in the sole discretion of the event sponsor then any event apparel to be provided to entrants will be mailed by the event sponsor.

In-person event waiver:

I know that running/walking is a potentially hazardous activity. I agree not to enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of an event organizer relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event, including, but not limited to, falls, contact with other participants, the effects of the weather, course conditions, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Kansas City Express, Road Runners Club of America, Corporate Woods, City of Overland Park, 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 persons and entities named in this waiver. I grant permission to all of the foregoing to use my name, likeness, and identity in any photographs, videos or recordings or any other record of this event in perpetuity, in any media now known or developed later for any legitimate purpose. I understand that no headsets, roller skates, wagons, dogs, skateboards, or motorized vehicles are allowed on the course. **If pushing a stroller, I will start at the back and walk only.**

Signature _____ Date _____

Parent/Guardian signature for girls under 18 _____ Date _____

**Mail your non-refundable check, payable to KC Express to:
Mother's Day 5K, PO BOX 8158, Prairie Village, KS 66208**

Do not mail after 4/30/23