FV Fit Body Boot Camp
5K Fun Run presented by NATHAN
Saturday
February 2rd, 2019

7:00am on Site Registration

7:45am Kids 1 Mile Run (Run is 12 and under)

8:00am 5K Fun Run/Walk

NATHAN™

FOUNTAIN VALLEY FIT BODY BOOT CAMP UNSTOPPABLE FITNESS FORMULA

Fountain Valley Recreation & Community Services

FountainValley Living®

Fountain Valley Regional Hospital and Medical Center

27 LEVEL MEDIA design • printing • promotional products

Organization to Benefit: _____ **Student:** _____

Ways to register

Walk In :
Recreation Center
16400 Brookhurst Street, Fountain Valley, CA
714-839-8611

You can also register online:
www.FVCommunityFoundation.org
Questions: 714-839-8611

NAME: **EMAIL:** **PHONE:**

ADDRESS, CITY, STATE, ZIP CODE:

AGE: ☐ **M** ☐ **F (Please check one)** **SHIRT SIZE (Please Check one):** ☐ S ☐ M ☐ L ☐ XL ☐ XXL Youth ☐ M ☐ L Adult S

Pre-registration includes race t-shirt. Please note race is self-timed. Race is located at the Fountain Valley Recreation Center & Sports Park.

Pre-Registration Entry (13 years and over) (until Jan. 25th)	$25 x_____ = $_____
Pre-Registration Entry (5 to 12 years) (until Jan. 25th)	$15 x_____ = $_____
Registration Fee (13 years and over) (Starting Jan. 26th)	$30x_____ = $_____
Registration Fee (5 to 12 years) (Starting Jan. 26th)	$20x_____ = $_____
Additional Donation to Sponsor a Runner(list name) or Group	$_____

Total Amount $ _____

Make all checks payable to: Fountain Valley Community Foundation

Please read thoroughly before signing:

"5K Fun Run" Waiver: In consideration of my being allowed to participate in any way in the "5k Fun Run" event, I, my heirs, executors and administrators hereby forever RELEASE and DISCHARGE the City of Fountain Valley, Fountain Valley Community Foundation (FVCF), and any of its officers, agents, volunteers or employees, and any other agency affiliated with this event from any and all liabilities, claims, demands or causes of action that I may hereafter have for injuries and damages arising out of participating in any City and FVCF program including, but not limited to, losses caused by the passive or active negligence of the released parties or of hidden, latent or obvious defects or dangerous conditions in any City or FVCF program. This Release shall also release the Released Parties from related activities not conducted on City property, including travel and off-site activities. I understand that running/walking can be potentially hazardous activities and hereby assume the risks of participating in one or more of these events. I further attest and verify that I am physically fit, enjoying good health and have sufficiently trained for the run/walk. I also give permission for the free use of my name and picture in any broadcast, telecast, or print media accounting of this event, and I waive any right of inspection or review. If participant is under age 18, this is to certify that my son/daughter has my permission to participate in the "5k Fun Run" event, is in good physical condition and that the run/walk officials have my permission to authorize emergency treatment if necessary. This event will occur rain or shine. We reserve the right to cancel in extreme circumstances. No refunds will be issued for the event; rather, your entry fee will be used as a donation to the non-profit organization. I certify that I have read the above waiver and release, understand that I have given up substantial rights by signing it, and sign it voluntarily.

Participant's Signature/Date: _____

If under 18, parent or guardian Signature/Date:_____

Fountain Valley Community Foundation

Family Registrations

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Date	Participants Name	Age	Gender	Adult Signatures	Shirt Size
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