



East Stroudsburg University's
Recreation Center & Department of Exercise Science
Presents
REC-EX 5K Run and 1 Mile Fun Walk
Sunday, September 17, 2017
Check-in/Site Registration: 7:30 AM
Race Start: 8:00 AM

Entry Form

Please complete and submit the following items

1. Runner Information, 2. Entry Fees and 3. Waiver Form (Materials may be submitted in person or by mail.)
- **IN PERSON:** Bring completed materials to the ESU Recreation Center between 10am and 9:00pm, 7 days a week (excluding holidays)
 - **BY MAIL:** mail items to Sarah Myles, Mattioli Recreation Center, 200 Prospect Street, East Stroudsburg, PA 18301. Please make checks payable to the Student Activity Association, Inc.

1. Runner Information: Please type or print

First Name: _____ Last Name: _____

Street: _____

City: _____ State: _____ Zip Code: _____

Age: _____
on 10/23/16 _____

Sex: Male
 Female

Status: ESU Student Runner : \$20.00 Community Runner (12 or older) : \$25.00
Select one ESU Student Walker: \$10.00 Community Walker (12 or older): \$15.00
 Community ages under 12 (must be at least 10 years old): FREE

Day Phone: _____ Evening Phone: _____

Email: _____

Shirt Size S M L XL

Emergency Name: _____ Relationship: _____

Contact: Phone: _____

Office Use only Paid: Yes No

Race Number: _____

- The entry fee is non-refundable
- Entry fee is payable by cash, check or e-dollars.
- Please make checks payable to the Student Activity Association, Inc.

YOU MUST BE AT LEAST 10 YEARS OLD TO PARTICIPATE IN BOTH THE WALK AND/OR RUN.

3. Release of Liability

RECREATION CENTER

THE EAST STROUDSBURG UNIVERSITY STUDENT ACTIVITY ASSOCIATION, INC.

RELEASE OF LIABILITY (IMPORTANT-READ BEFORE SIGNING)

I understand, agree and appreciate that the Recreation Center's Leagues Program, located upon the campus of East Stroudsburg University and operated by the The East Stroudsburg University Student Activity Association, Inc. (ESU SAA), provides indoor and outdoor competitive sports leagues, tournaments, and programs including, but not limited to, sports such as volleyball, tennis, basketball, football, dodgeball, soccer, racquetball, wallyball, water polo, softball, table tennis, wiffleball, and road race as well as equipment for same. I voluntarily and freely agree to engage in these activities, acknowledging that participation in any physical activity involves some degree of personal risk to health. The degree and extent of participation remains my choice, based on what I can comfortably and willingly risk. Yet there is a risk, both known and unknown, which must be assumed by me, that I may suffer serious physical injury or disability, or even death.

In accordance therewith, in consideration of my participation in the recreational programs offered by the ESU SAA, at the Recreation Center facility, as well as the use of any sports equipment lent out to me or that I may use through that facility, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby RELEASE AND HOLD HARMLESS The ESU SAA, East Stroudsburg University, as well as their respective officers, officials, agents and/or employees, and any other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, lessors of the Recreation Center facility, or portions thereof, used in my participation in activities made available to me at or by the Recreation Center (hereafter referred to collectively as the "Releasees"), with respect to any and all injury, disability, death and/or loss or damage to person or property, unless arising from the recklessness and wanton disregard of the Releasees.

I HAVE CAREFULLY READ THIS RELEASE OF LIABILITY, WHEREIN I HAVE ALSO ASSUMED THE RISK OF MY PARTICIPATION IN RECREATION CENTER LEAGUES PROGRAM AND USE OF SPORT EQUIPMENT PROVIDED BY THE ESU SAA FOR SAME, FULLY UNDERSTANDING ITS TERMS, AND UNDERSTANDING THAT BY VIRTUE THEREOF I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND DO HERewith SIGN IT VOLUNTARILY AND WITHOUT INDUCEMENT.

PARTICIPANT'S SIGNATURE

PRINT NAME

DATE

FOR PARTICIPANT OF MINOR AGE (Under 18 years of age)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do herewith consent and agree to his/her release as provided above of all the Releasees, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in the recreational programs offered by the East Stroudsburg University Student Activity Association, Inc., at the Recreation Center facility, unless arising from the recklessness and wanton disregard of the Releasees.

PARTICIPANT'S SIGNATURE

PRINT NAME

DATE

For more information or questions, please contact Sarah Myles, Graduate Assistant, Recreation Center by phone at 570-422-2976 or by email at Smyles1@live.esu.edu