

FIRST NATIONAL BANK HARRISBURG MILE – WEDNESDAY, AUGUST 19, 2020



PRESENTED BY DONEGAL INSURANCE GROUP

Mail-in Registration Form Half Pint, Fun Run, Mile Run, Elite Mile

- One registration form per person
- All registration forms must be received by Tuesday, August 11th by 5pm
- For full race info, visit ymcarun.com/info-mile
- Make checks payable to East Shore YMCA
- **Mail to:** East Shore YMCA, Attn: Tom Gifford, 701 North Front St, Harrisburg, PA 17101

PLEASE CHECK EVENT CATEGORY AND PRICE:

_____ **HALF PINT/HALF MILE** (6pm, must be 12 years and younger for child entry fee, heat is not timed)

COST: \$13

_____ **JUST FOR FUN MILE/WALK** (6pm, heat is not timed)

COST: 12 and under: \$13

13 and over: \$25

_____ **MILE RUN** (timed heat, age group awards)

COST: \$25

_____ **ELITE MILE** (Qualifying times: 39 and under: men 4:40, women 5:30, 40 and over: men 5:00, women 6:00)

COST: \$25

INDIVIDUAL REGISTRATION INFORMATION

Name: _____ D.O.B (month/date/year) ____/____/____ Gender: M F

Adult Shirt Sizes (unisex): ____ Extra small ____ Small ____ Medium ____ Large ____ XL ____ XXL

Youth Shirt Sizes: ____ Youth Small ____ Youth Medium ____ Youth Large

Address: _____ City: _____ Zip: _____ State: _____

Phone: (____) _____ Email: _____

Adult Participant Release & Waiver of Liability and Indemnity Agreement

PLEASE READ CAREFULLY. THIS DOCUMENT EFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT YOU ARE RELEASING THE HARRISBURG AREA YMCA FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFORE

Assumption of Risk

I/We acknowledge and agree that any use of The Harrisburg Area YMCA facilities, services, equipment and premises (Facilities) and any participation in The Harrisburg Area YMCA programs and activities (Programs) comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I/We voluntarily accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I/We agree that I/we have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of the use of Facilities and participation in Programs I/we, the undersigned, agree that The Harrisburg Area YMCA, it's officers, directors, agents, employees, volunteers, insurers and representatives (Releasees) will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by myself, my family members, dependents, or guests, including minors, however occurring including, but not limited to the negligence of Releasees. I/We understand that I/we will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I/We further agree, on behalf of myself and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I/we and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, diseases or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I/we agree to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs by myself, my family members, dependents or guests, including any minors.

Signature _____