

Ice to Water 5k / 10k and Kids Fun Run

@ Wisconsin Interstate State Park

Participant Name (Print) _____ Date _____

Trail Race Entering- 5k 10k Kids Run (circle one)

Age (as of July 30, 2022) _____ Gender M / F _____

Payment ___ Cash ___ Check ___ card ___ other

Phone _____ Email _____

Emergency Contact Name _____ Phone _____

Participant Consent

I understand that all proceeds of the race goes to the Friends of WI Interstate and Straight Lake State Parks. I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and natural obstacles, such as roots and rocks, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, waive and release State of Wisconsin, the DNR, and all its employees and volunteers, any and all sponsors, their representatives and successors, from all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. Minors accepted only with a parent or guardian's signature. (waiver must be signed to participate)

Signed _____
(Minor Print/ signature)

Date: _____

Signed _____
(Parent/ Guardian / Adult Signature)

Date: _____