



Norton Valley Hope

Sponsored by



Hope in Color

5k Run-Walk in the Park

Saturday - June 14, 2014

A celebration of health and happiness!

Wear white and finish in (non-toxic tempura paint) color.

For tips on preparing for the run and clean up, info can be read and downloaded from our website.

We'll send you home with some great tips for cleaning up.

\$30 per person, all ages! \$35 day after June 10th! Register by June 1st to make sure we've got a T-Shirt for you!
(Otherwise you'll receive a coupon to order a t-shirt later.)

It's a paint run/walk for a great cause-to provide financial assistance for patients at Norton Valley Hope.

Start and finish in Elmwood Park. Registration begins at 7AM and run/walk begins at 8AM

Great family fun, t-shirts, prizes, DJ and refreshments!

Register online at www.valleyhope.org/special-events

Or drop this form off at Norton Chamber of Commerce, 205 S. State St.

or mail to Norton Valley Hope Run, P.O. Box 59, Norton, KS, 67654

Registration Form

First Name _____ Last Name _____

Address: _____ City, St, Zip _____

Email address: _____ Best Phone: _____

Age Division (on day of event):

☐ 12 & under ☐ 36-50

☐ 13-17 ☐ 51-70

☐ 18-35 ☐ 71-10

Gender:

☐ Male

☐ Female

T-Shirt Size (circle one)

Youth: S M L

Adult: S M L XL XXL XXXL

IMPORTANT INFORMATION

Norton Valley Hope and Valley Hope Association are committed to conducting recreation programs and fundraising activities in a safe manner and holds the safety of participants in high regard. Valley Hope Association strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this activity must recognize that there is an inherent risk of injury when choosing to participate in running/walking events. You are solely responsible for determining if you or your minor child is physically fit and/or adequately skilled for walk/run participation. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered any illness, injury or impairment, to consult a physician before undertaking any physical activity. Participants should also familiarize themselves with traffic patterns, check points and all first aid and water stations. Most important, remember that this is a voluntary recreational activity. Never compromise your safety in the name of competition.

The Paint

Tempura Paint is safe, edible, biodegradable and non-toxic but you should try to avoid getting it in your eyes and mouth. Please wear eyewear, sunglasses or goggles. Bring a bandana to cover mouth at color stations.

Waiver and Release of All Claims and Assumption of Risk

I recognize and acknowledge that there are certain risks of physical injury to participants in this event and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of the severity that my minor child or I may sustain as a result of participating in any and all activities connected with or associated with this activity. I further agree to waive and relinquish all claims I or my minor child may have as a result of participating in this activity against Norton Valley Hope or Valley Hope Association and all other cooperating agencies in this event for any and all damages which may be sustained and or suffered by me in connections with my association with or entry or participation in the 5K run - walk. I do hereby fully release and discharge Valley Hope Association and cooperating agencies from any and all claims for injuries, damages or loss that my minor child or I may have which may occur to me or my minor child in any way associated with this activity.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims.

PARTICIPANT: Signature: _____

If under the age of 18, parent/legal guardian permission is required.

PARENT/LEGAL GUARDIAN: Signature: _____

Print Name: _____ Cell: _____

Thanks to our co-sponsors:

Nick's Distributing

