



WHEN:

October 28, 2017
9:00 am start

WHERE:

Legacy Park
Cottleville, MO

SIGN UP ONLINE (can pay by check in office):

<https://tinyurl.com/2017zionshuffle>

or mail in your registration form
(available online) with your check
payable to Zion PTL:

Zion Lutheran School
Attn:Bobcat Shuffle
3866 S. Old Highway 94
St. Charles, MO 63304 (636) 441-7424
zionbobcatshuffle@gmail.com

**All Ages
Event!!**

RACE COURSES

Timed 5K
or 1+ mile Fun
Run/Walk

FAMILY FRIENDLY
COSTUMES
WELCOME

POST RACE
PARTY

SMOOTHIE TRUCK

Awards for Top
5K Finishers

Sleep-In Option

BENEFITING:

Zion Lutheran School

REGISTRATION

First: _____ Last: _____

Sex: M/F DOB: _____

Circle One: 5K 1 Mile Fun Run/Walk Sleep-In

Email address: _____

Phone: _____

Address/City/Zip: _____

T-shirt size:

Youth XS S M L XL Male Adult S M L XL 2XL 3XL

Female Adult* XS S M L XL 2XL

Emergency Contact: _____ Phone: _____

ADDITIONAL REGISTRANTS

First: _____ Last: _____

Sex: M/F DOB: _____

Circle One: 5K 1 Mile Fun Run/Walk Sleep-In

T-shirt size:

Youth XS S M L XL Male Adult S M L XL 2XL 3XL

Female Adult* XS S M L XL 2XL

First: _____ Last: _____

Sex: M/F DOB: _____

Circle One: 5K 1 Mile Fun Run/Walk Sleep-In

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Female Adult* XS S M L XL 2XL

Entry Fees

Through September 22nd

5K/1 Mile/Sleep-In

\$25 per person

\$20 per child 12 years or younger

September 23rd to Race Day

5K/1 Mile/Sleep-In

\$30 per person

\$20 per child 12 years or younger

Checks Payable to: Zion PTL

Please complete the following:

Total Amount Due

(thru September 22nd)

of Adults x \$25 = \$ _____

of Youth x \$20 = \$ _____

Total Due: \$ _____

Total Amount Due

(after September 22nd)

of Adults x \$30 = \$ _____

of Youth x \$20 = \$ _____

Total Due: \$ _____

***NOTE: FEMALE fit shirt runs almost a whole size smaller. You may want to order up at least an entire size.

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

WARNING: THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS, READ IT CAREFULLY

Every person MUST read and understand this waiver before participating

The following waiver of all claims, release from all liability, assumption of all risks and other terms of this agreement are entered into by me (participant) with and for the benefit of Zion Lutheran Church, its directors, officers, employees, volunteers, coaches, officials, business operators, agents, and site property owners.

A "Activities" includes but is not limited to sports, fitness, functions, instruction, use of the facilities, participation in programs, and services provided to the participant by Zion Lutheran Church.

B I am aware that there are inherent and significant risks associated with participation in the Activities. I am aware that those risks include but are not limited to the potential for serious personal injury caused by any event or any condition of the facility or equipment and health risks. I understand the risks may be relative to my own state of fitness and health (physical, mental and emotional), and to the awareness, care and skill with which I conduct myself while participating in the activities.

C I freely accept and fully assume all responsibility for all risks and possibilities of personal injury, death, property damage or loss resulting from my participation in activities. I accept these risks and agree to the terms of this waiver.

D In addition to consideration given to Zion Lutheran Church for my participation in activities, I and my heirs, next of kin, executors, administrators and assigns (collectively my "Legal Representatives") agree:

- to waive all claims that I have or may have in the future against Zion Lutheran Church;
- to release and forever discharge Zion Lutheran Church from all liability for all personal injury, death, property damage or loss resulting from my participation in activities due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake or error of judgement and
- to be liable for and to hold harmless and indemnify Zion Lutheran Church from all actions, proceedings, claims, damages, costs, demands including court costs and costs on a solicitor and client basis, and liabilities of whatsoever nature or kind arising out of or in any way connected with my, or my guests' participation in Activities.

E I confirm that I have had sufficient time to read and understand each term in this waiver in its entirety, and have agreed to the terms freely and voluntarily. I understand that this waiver is binding on myself and my Legal Representatives.

Participant Name: _____

Address: _____

Signature: _____

Legal Guardian Signature (if under 18) _____

Witness: _____

This _____ day of _____ 20 _____