Read this document completely before signing. Its effect is to release the sponsors and CSU from any liability resulting from your participation in the below named activity and waives all claims for damages or losses against the sponsors and CSU.

RELEASE FROM RESPONSIBILITY, ASSUMPTION OF RISKS AND WAIVER

In consideration of my being permitted to participate in the following activity: Homecoming Race at Colorado State University, on October 18, 2014.

I, (print name) _____, exercising my own free choice to participate voluntarily in the above named activity, and promising to take due care during such participation, hereby release and discharge, indemnify and hold harmless the Department of Health and Exercise Science, the Board of Governors of the Colorado State University System, and Colorado State University, and their members, officers, agents, employees, and any other persons or entities acting on behalf, and the successors and assigns for any and all of the aforementioned persons, and entities, against all claims, demands, and causes of action whatsoever, either in law or in equity, relating to injury, disability, death, or other harm, to persons or property of both, arising from my participation in and/or at the above listed activity.

I acknowledge that I have been informed of hazards and risks which may be associated with participation in the above mentioned activity, I understand, accept, and assume those hazards and risks, and waive all claims against the Department of Health and Exercise Science, the Board of Governors of the Colorado State University System, and Colorado State University, and other persons as set forth above. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through my participation in normal or unusual acts associated with the above named activity.

I have had sufficient time to review and seek explanation of the provisions contained above, have carefully read them, understand them fully, and agree to be bound by them. After careful deliberation, I voluntarily give my consent and agree to this Release from Responsibility, Assumption of Risk and Waiver.

I understand that dogs will not be allowed at the Oval or in the race.

Read and acknowledged this _____ day of _____, 2014. Signature of the person whose name appears above:

_____   _____
Signature   Witness

If participant is under the age of 18, his/her parent or legal guardian must also sign:

I, (print name) _____, am parent or legal guardian of the participant who has signed above. I have read and understand the provisions of this document, I consent to the participant participating in the activity described above, and fully enter into and agree to the above Release from Responsibility, Assumption of Risk and Waiver.

_____   _____
Signature   Date

I understand that dogs will not be allowed at the Oval or in the race.

THANKS TO OUR GENEROUS SPONSORS

Gold-Level Sponsors
(Donation of $5,000)

Youth Sport Camps — Colorado State University
RE/MAX
ALLIANCE

Silver-Level Sponsors
(Donation of $2,500)

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www.hes.chhs.colostate.edu/homecoming

Department of Health and Exercise Science
Fort Collins, Colorado 80523-1582

Colorado State University

100 YEARS OF HOMECOMING

Register Today!

100

34TH ANNUAL
HOMECOMING 5K RACE

Saturday, October 18, 2014

5K Race:	Kids' Fun Run:
8 a.m.	9 a.m.
CSU Oval	CSU Oval

Colorado State University

With generous support from:

RE/MAX
ALLIANCE
Youth Sport Camps — Colorado State University

Support Healthy Lifestyles

Proceeds from the race will support the Heart Disease Prevention Program of the Human Performance Clinical/Research Laboratory.

The Heart Disease Prevention Program provides an opportunity for individuals to be screened for all the risk factors for heart disease. This screening includes personal and family history, a maximal treadmill test, an examination by a physician, blood lipid analysis, body composition assessment, and much more!

Registration Information/ Pre-register and Save!

Early pre-registration **by 4 p.m. on October 10**: $20.00
Late pre-registration **by 2 p.m. on October 17**: $25.00
Race Day registration: $30.00

Note: Children 12 and under, **only if pre-registered by 4 p.m. on October 10**: $18.00

Please pre-register at the following locations:

The Department of Health and Exercise Science
8:00 a.m.-4:30 p.m. Monday-Friday
Room B220 Moby B-Wing, (970) 491-5081
951 W. Plum St.
email: hesinfo@colostate.edu
www.hes.chhs.colostate.edu/homecoming

Altitude Running
150 E. Harmony Rd., Unit 2C
(970) 377-8005

Runners Roost
2720 Council Tree Ave., Ste. 112
(970) 224-9114

Pre-register online!
www.hes.chhs.colostate.edu/homecoming
Online registration closes **at 4:30 p.m. October 16.**

T-Shirts and Race Bibs

Race entry includes a uniquely designed long-sleeved T-shirt plus a timing chip coded race bib. Pre-registrations done in person at one of the registration locations will receive their Racing Bib and their T-shirt at the time of registration. Online and mail-in registrations may be picked up M-F from 8:00 a.m. to 4:30 p.m. until noon on Friday, October 17, at the Department of Health and Exercise Science main office. Please allow us 72 hours to process online registrations. You may call us at (970) 491-5081 for directions to the pickup location in Moby and to see if your race bib is ready. After pre-registration T-shirt sizes are limited so you are encouraged to register early.

Show Your Ram Pride and Save!

Each race participant will receive a coupon to the CSU Bookstore for a special money saving promotion.

Kids Fun Run at 9:00 a.m.

A free Kids Fun Run will take place at 9:00 a.m. at the Oval after the 5K event. There will be a 0.3 mile course for kids under 5 and a 0.7 mile course for kids 5 to 12. All finishers will receive ribbons.

The Homecoming Run is the eighth race in the 16th annual "Healthy Kids Run Series" sponsored by the Healthy Kids Club, University of Colorado Health. Kids who participate in four or more of the eight runs in the series earn prizes! For more information on the series visit www.uchealth.org.

Race Day Events

Registration will start at 6:30 a.m. the morning of the race at the Oval and will close promptly at 7:45 a.m. The National Anthem will be played at 7:55 a.m.

The 5K Race begins at 8:00 a.m.

Awards

First, second, and third place finishers in each of the age divisions listed below will receive a hand-crafted piece of pottery by local artist T.S. Berger. There also will be a prize drawing during the awards ceremony. Race entrants must be present to win.

Men & Women each:

10 and under	20-29	40-49	60-69
11-14	30-39	50-59	70 and above
15-19			

Parking

Parking is available at the Colorado State University-Lory Student Center parking lot, accessible from Laurel St. The CSU Oval will be closed to traffic from all directions on the morning of the race.

Race Results

Race results will be posted the day of the race at:
www.runlimitedFC.com   www.active.com

Discovering Healthy LIFESTYLES

Questions/ Information

(970) 491-5081 • email: hesinfo@colostate.edu
www.hes.chhs.colostate.edu/homecoming
In case of inclement weather, check our website for race updates.

Bib # _____

2014 5K Homecoming Race Entry Form
Please Print Clearly

Name _____

Age (on race day) _____ Sex _____

Address _____

Email _____

City _____

State _____ Zip Code _____

Phone (_____) _____

Please check all that apply below.
❑ CSU Student   ❑ Adult Fitness Participant
❑ CSU Faculty/Staff   ❑ HES Noon Hour Participant
❑ Fort Collins Community Member
❑ Alumnus/Alumna: College or Dept. _____
❑ PSD Student, School _____
❑ From Outside the Fort Collins Area _____
❑ Other _____

Shirt Size: ❑ S   ❑ M   ❑ L   ❑ XL

Please check appropriate box and circle amount paid.
❑ Early pre-registration **by 4 p.m. on Oct. 10**: $20.00
❑ Late pre-registration **by 2 p.m. on Oct. 17**: $25.00
❑ Race Day registration: $30.00
❑ Children 12 and under, **only if pre-registered by 4 p.m. on Oct. 10**: $18.00

Call (970) 491-5081 for discount information with groups of 20 or more.

No refunds will be available.

Make checks payable to:
Colorado State University Wellness Club

Credit card registration is only available online at www.hes.chhs.colostate.edu/homecoming.

Please mail to: Homecoming Race
Department of Health and Exercise Science
1582 Campus Delivery
Fort Collins, CO 80523-1582

Please read and sign the release form on the reverse side of this form. You cannot participate without signing this form.

Timing and Scoring provided by Runlimited.

Celebrate Homecoming with a Morning Walk or Run

The Department of Health and Exercise Science and the Colorado State University Student Wellness Club invite you to participate in the 34th Annual Homecoming 5K Race on Saturday, October 18, at **8:00 a.m.** Come join in the race and enjoy the festivities prior to the football game.

The 5-kilometer race starts and finishes at the beautiful CSU Oval. The course is flat and entirely on campus.

RUNNERS AND WALKERS ARE WELCOME!

For the safety and peace of mind of all children and adults at this event, NO DOGS will be allowed at the Oval or in the race.

Colorado State University
College of Health and Human Sciences