



# 2023 5K Run to the Plunge

**5K RUN** (timed)    **5K WALK** (NOT-timed)  
*(circle one)*

Race packet picked up by:

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

BIB #

\_\_\_\_\_  
**(PRINT) Participant's Name**

\_\_\_\_\_  
**Age**

**Gender (circle):**    **M**    **F**

**Are you a law enforcement officer?**     **YES**     **NO**

\_\_\_\_\_  
**Street Address**

\_\_\_\_\_  
**E-mail Address**

\_\_\_\_\_  
**City**

\_\_\_\_\_  
**State**

\_\_\_\_\_  
**Zip**

\_\_\_\_\_  
**Phone**

\_\_\_\_\_  
**Emergency Contact Name**

\_\_\_\_\_  
**Emergency Contact Phone #**

**T-Shirt Size (please circle):**    YOUTH    M    L  
   ADULT    S    M    L    XL    2XL    3XL

I acknowledge receipt of my t-shirt at day-of registration.

**Payment:**    \_\_\_\_\_    \$35 Cash  
   \_\_\_\_\_    \$35 check payable to SODE  
   \_\_\_\_\_    \$35 charge M/C, Visa, Discover, AMEX

**PRESENT CARD TO REGISTRATION VOLUNTEER**

## SPECIAL OLYMPICS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY, AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

In consideration of participating in the 2023 5K RUN TO THE PLUNGE, I represent that I understand the nature of the event and that I and/or my minor child am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I and/or my minor child believe event conditions are unsafe, I and/or my minor child will immediately discontinue participation in the Activity.

I fully understand the event involves risks of serious bodily injury, including viral infections, bacterial infections and other communicable diseases and illnesses, permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I and/or my minor child incur as a result of my and/or my minor child's participation in the Activity.

I hereby release, discharge, and covenant not to sue Special Olympics, Inc., Special Olympics Delaware, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages on my account and/or that of my minor child caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my and/or my minor child's behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I also give my permission for photographs or video taken at the event in which my image, or the image of any of my minor children appears, to be used for promotional and/or advertising purposes by Special Olympics Delaware, without compensation to me or my minor children.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, AND PARENTAL CONSENT AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Signature of Participant \_\_\_\_\_  
(only if participant is age 18 or over)

Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_  
(if participant is under age 18)

Date \_\_\_\_\_