



Roatan, Honduras, Mission Trip Fundraiser

Walk ~ Bike ~ Fun Run ~ Rollerblade

21K - 10K - 5K September 23, 2024 RAIN OR SHINE!

Start & Finish: Lake Wobegon Trailhead, Bowlus

*Light refreshments will be provided at the Bowlus Trailhead.

All proceeds will support the 2024 Short Term Mission Team

Check-In Time: 8:00-8:45 AM

Start Time: 9:00 AM

Name _____

Email _____

Address _____

Phone _____

Emergency Contact Name & Phone _____

Distance I plan to go:

- 5K (Minimum Pledge of \$50 to register*)
- 10K (Minimum Pledge of \$75 to register*)
- 21K (Minimum Pledge of \$100 to register*)

Minimum amount due at time of registration, all other pledges can be turned in at check in on race day or sent to the address below.

***PLEASE MAKE CHECKS PAYABLE TO "CCC." Memo- short term missions**

Mailing address: PO Box 37, Holdingford, MN 56340

Registration Deadline for T-Shirt: August 19, 2024

Registration Deadline without T-Shirt: Race Day Check-in

Circle choice

I plan to: Walk Bike Fun Run Rollerblade

Youth Shirt Size: Small Medium Large

Adult T- Shirt size: Small Medium Large XLarge 2XLarge 3XLarge

RELEASE OF LIABILITY (Adult) Waiver: In consideration of the acceptance of this entry I waive all claims for myself and my heirs against the sponsors, cooperating and coordinating groups and any individuals associated with this event and will hold them harmless for any and all injuries which may result from my participation. I hereby give my permission to the media to use my name and photograph in the newspaper, broadcast, telecast of this event without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.

Participant Signature _____ **Date** _____

Participants under 12 years must be accompanied by an adult; both must be registered!

PARENT / GUARDIAN CONSENT FORM AND LIABILITY WAIVER

Participant name: _____ Birth Date: _____

Parent/Guardian Name: _____ Home Phone: _____

I, _____, grant permission for my child, _____, to participate in the Sandy Bay Lighthouse Ministries fundraising event. As parent and/or legal guardian, I remain legally responsible for any personal actions taken by the above named minor ("participant"). I agree on behalf of myself, my child named herein, or our heirs, successors, and assigns, to hold harmless and defend Community Country Church, its officers, directors and agents, or representatives associated with the event, arising from or in connection with my child attending the event or in connection with any illness or injury or cost of medical treatment in connection therewith, and I agree to compensate Community Country Church, its officers, directors and agents, or representatives associated with the activity for reasonable attorney's fees and expenses arising in connection therewith.

Medical Matters: I hereby warrant that to the best of my knowledge, my child is in good health, and I assume all responsibility for the health of my child.

Parent Signature: _____ **Date:** _____

No pets allowed for the event.

Community Country Church is not liable for accidents.

No official timers.

Questions call or email Katie at 320-980-0964 knovitzki2002@gmail.com

Office Use Only ~ Registration Day

- Distance going
 - 5K Walk Bike Rollerblade Run (\$50)
 - 10K Walk Bike Rollerblade Run (\$75)
 - Half Walk Bike Rollerblade Run (\$100)
- Minimum Pledge Met
- Registered by August 19th
- T-Shirt Received
- Total Amount Pledged \$ _____
(min registration + additional pledges brought on race day)