



Bunny Hop 5K Run/Walk Registration

The race begins at **11:00 a.m. on Saturday, March 31st, 2018**. Check-in and race day registration will begin at 10:00 a.m. The race will start and finish at Rockin' Fitness.

Prizes will be awarded in various categories, including men's, women's and youth.

(All proceeds from this year's 5k events will be set aside to purchase a new LEG PRESS MACHINE for the gym!)

Participant Information:

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Gender: M F Age on race day: _____

T-shirt size:	S	M	L	XL	XXL
Pre-registration fee (Before 3/15)					\$25
Registration (After 3/15)					\$35
Ages 12 and under					\$15
Add a free will donation towards a new leg press machine:					_____

IN ORDER TO RECEIVE PRE-REGISTRATION PRICING AND A FREE T-SHIRT, please return this form and payment to Rockin' Fitness by March 15th. Registrations received after March 15th are not guaranteed a race t-shirt.

Please make checks payable to **Rockin' Fitness**. Registration fees are non-refundable and non-transferable.



(T-shirt design subject to change)

Waiver of Liability:

I recognize that participating in a road race is a potentially hazardous activity. I have read the flyer and am familiar with the course, procedures, and rules. I should not enter and run unless I am medically able and properly trained. I also agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effects of weather including extreme temperatures, traffic and the conditions of the road, all such risks known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself alone and anyone entitled to act on my behalf, waive and release the organizers of the Rockin' Fitness Bunny Hop Run/Walk, the New Rockford Area Betterment Corporation, their directors, officers, staff, and volunteers, the City of New Rockford, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Further, I grant permission to Rockin' Fitness for the use of any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. For runners' safety I understand that bicycles, scooters, pets and rollerblades are prohibited.

Participant Signature: _____ Date: _____

Parent/Guardian Signature _____ Date: _____
(If under 18)

Return to: Rockin' Fitness, 803 1st Ave N, New Rockford, ND 58356 - call (701) 947-2830 with any questions!

Get race updates at www.cityofnewrockford.com/fitness or find us on Facebook!