

**Kudos to Moms Mother's Day Run**  
**1 mile, 5K & 10K Event**  
**Runners/Walkers/Families/Strollers Welcome! (Please no pets.)**  
**May 13<sup>th</sup> 2017**

Family & Individual Registration Form

\*fill in one

\*choose which event

\*add \$12 for kids

Participant Name	Adult Age	Child Age	1 Mile \$25 A \$0 C	5K \$25 A \$0 C	10k \$35 A \$0 C	Goody Bag \$12
<b>Total Due</b>						

\*Children under age 17 are free to participate with a paid adult registration, in order to receive a race bib, draw string bag and race packet/goodies there is charge of \$12 per child. Goody bag is included for all registered adults. \*Each race price goes up by \$5 on April 16<sup>th</sup> at 11:00 P.M.

**HOLD HARMLESS AGREEMENT**

I know that running or walking a road race is a potentially hazardous activity. I have enrolled myself and/or my children in the Kudos to Moms event. I know, understand and appreciate the nature of this activity, the dangers and risks that may include, but are not limited to: heart attack, feet and leg injury, strains, sprains, broken bones, falls, contact with other participants, spectators or vehicles, the effect of weather including heat and humidity, cold and moisture, and the condition of the path. I fully know and understand that my participation is voluntary and that I am free to discontinue at any time. I hereby affirm that I am in good physical condition, properly trained and do not suffer from any disability that would prevent my participation. I further agree to hold harmless anyone associated with the Kudos to Moms event, including race organizers, promoters or sponsors, and those whose property may be involved in the race. I have read the above warning and agree to participate willingly. I also agree to allow Kudos to Moms to use photos of the event that may contain images of myself or the minors I represent for promotional purposes. Unsigned registration forms will not be accepted. **All Adults on the form must sign below.** All participants under the age of 18 must have an authorized signature from a parent or guardian.

**Email:** \_\_\_\_\_ **Emergency Contact:** \_\_\_\_\_

By providing your email you agree to receive emails about this and future running events. You can unsubscribe at any time.

X \_\_\_\_\_  
Participant Signature

X \_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

Questions: Go to <http://www.worlandcpr.org/> or kudostomoms.wordpress.com Online registration at [www.active.com](http://www.active.com) Call Daisy Torres at (307) 347-4991 Email Janet Hofmann at [kneedeepacinglife@gmail.com](mailto:kneedeepacinglife@gmail.com)

Mail or Drop off Registration:  
 101 N. 19<sup>th</sup> St.  
 Worland, WY 82401