



Race Registration Form

Name (First, Last): _____
Age (on April 21st 2012): _____
Gender(Circle one): M or F
Home Address: _____
City: _____ **State:** _____ **Zip Code:** _____
Phone Number: _____
Email Address: _____
T-Shirt Size: Adult Sizes (Small, Medium, Large, X-Large, and XX-Large) _____

City Mayhem Race Registration Price	
Register before March 1st	\$40
Register March 1st through March 31st	\$45
Register April 1st through April 21st	\$50

Release and Waiver Form

In consideration of my (or if the participant is a minor, the minor's) entry and/or participation in the City Mayhem Run and associated events, I do hereby release, discharge, hold harmless, indemnify, acquit, and promise not to sue Lift For Life Gym, its affiliates, its directors, its agents, employees, race officials, sponsors, and volunteers from any and all claims of damage, causes of action, suit, costs, charges, claims, demands and liabilities of whatever kind, name, or nature in any manner arising out of my (or if I am signing as parent or legal guardian of a minor, the minor's) participation or involvement in said race and associated events. This release extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown and whether or not caused by the negligence of the released parties. This release is intended to cover all non-fatal or fatal injuries and illnesses of any kind or nature which may be sustained or suffered from any cause whatsoever connected or arising out of the participation in, or involvement with, the City Mayhem Run and associated events.

I, the undersigned, know that the City Mayhem Run is an event which carry the risk of personal injury. I know that there are natural and man-made obstacles and hazards, surfaces, and environmental conditions and risks, which in combination with my actions or other's actions, can cause severe or even fatal injury. I also know that there will be vehicular traffic on the course route, and assume the risk of running in traffic. I agree that I, as either a participant or legal guardian of a participant who is a minor, must take an active role in understanding and accepting these risks, conditions and hazards, and I attest and verify I have full knowledge of and hereby assume the risks involved in such events. I also agree that I, and not the race officials, volunteers, Lift For Life Gym, sponsors or others associated with the event, am responsible for my (or if I am signing as the legal guardian of a minor, the minor's safety) while I (or the minor) participate or train for these events. Further, I agree that if the race is canceled or postponed, I am responsible for any costs I have incurred to attend the race, including travel expenses. I hereby grant full permission for Lift For Life Gym or its designated agents to use any photographs, videotapes, recordings, or any other record of these events depicting the face, voice or likeness of me or the minor I'm signing for, for any purpose without compensation.

Signature of Participant (Guardian if under 18): _____
Date: _____

PLEASE MAKE CHECKS PAYABLE TO "LIFT FOR LIFE GYM"
 REGISTRATION CAN BE MAILED TO: 1731 South Broadway, St. Louis, MO 63104
 ATTN: Mayhem Run