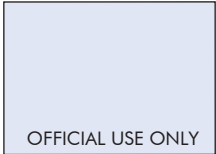




THE BUZZ OATES GROUP OF COMPANIES

NO EXCUSES 5K

Registration: \$30 (\$20 for kids 15 and under, and Kids' Fun Run participants) payable to CRRM postmarked by June 26, 2017. Complete form, sign waiver, enclose check and mail to: CRRM, P.O. Box 19027, Sacramento, CA 95819.



Circle one On race day Please indicate race (check one)

SEX

M F

AGE

5K run/walk

Kids' 1/2-mile

Kids' 1/4-mile

LAST NAME

FIRST

ADDRESS

CITY

STATE

ZIP

T-SHIRT (ADULT)

S M L XL XXL

KIDS

S M L

Upgrade my shirt to a tech-t gender specific (\$10)

MENS

S M L XL XXL

WOMENS

XS S M L XL XXL

E-MAIL

TEAM NAME (IF APPLICABLE)

Waiver & Signature: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims for damages I may accrue against the persons and organizations affiliated with the race including but not limited to Capital Road Race Management, City of Sacramento, County of Sacramento, Buzz Oates Group of Companies, all sponsors, volunteers, staff, subcontractors, agents, attorneys, and representatives for any and all injuries that I may suffer while participating in the event or en route to and from the event. I consent to the use of my image in photos, videos and audio recording and film, of my participation in the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver, I acknowledge that I have read and understand all of the above.

Signature _____

Date _____

All entrants must sign waiver. (If under age 18, parent or legal guardian must sign waiver) Attendance at event is consent to be photographed.