

Hampstead Health and Fitness

Saturday, June 23, 2018



Come test your abilities at the Warrior Run, an obstacle course race that everyone can finish! On this course, be prepared to run through tires, balance on tree stumps, trudge through mud and challenge yourself before crossing the finish line. This event will take place from 9-12. This race is for children ages 5-12. This year we'll have two categories, run for fun or to see where you place amongst your peers.

The fee for the Warrior Run is \$15.00. This fee includes registration, t-shirt, and a rubber bracelet. You can register by mail, return the forms to school or at HHF by **June 16th**. All proceeds are going to Sophia's Fund (www.sophiasfund.com) to support research and treatment for children battling cancer. The Hampstead Mother's club would like to sponsor the first 50 HAMPSTEAD children to sign up for the race by reducing your registration fee to only \$5.

ONE FORM PER CHILD

Child's Name: _____ Age: _____ DOB: _____

Address: _____ Town: _____ Zip code: _____

Phone #: _____ Email: _____

**Send registration & money to: Hampstead Health & Fitness
45 Danville Road
East Hampstead, NH 03826
OR**

Stop by the club and see an associate at the Front Desk.

Rules & Legal Information

I understand and agree that it is my responsibility to determine whether I am (or my children~) in good physical condition, sufficiently fit, healthy and can safely participate in the Event. I certify that I do not (or my child/ward does not) have any physical or mental condition that may affect my (or my child's/ward's) ability to safely participate in the Event or would make my (or my child's) participation more hazardous. If I am pregnant, disabled in any way or have recently suffered an illness or injury, I should have or did consult a physician before participating in the event agree that if I am not in proper physical or mental condition on the day of the Event or if I have any questions about my ability to safely participate in the Event, that I will not participate in the Event.

I understand that the Warrior Run is a test of my physical and mental limits and an inherently dangerous activity that presents extreme obstacles, including, but not limited to, fire, mud pits, wire, slides, cargo nets, heights, climbing, jumping into water, steep hills and/or uneven terrain. I understand, agree and accept that some of the Event course or obstacles may go through water that has not been treated for chemicals, disease or contamination and that the Event course may contain wild animals, insects and plants.

I UNDERSTAND THAT THE EVENT IS AN EXTREME TEST OF MY PHYSICAL AND MENTAL LIMITS, THAT THERE ARE INHERENT RISKS INVOLVED IN PARTICIPATING IN THE EVENT AND THAT ENGAGING IN THOSE RISKS IS ONE OF THE PRIMARY REASONS I HAVE VOLUNTARILY DECIDED TO PARTICIPATE IN THE EVENT. I HAVE READ THIS AGREEMENT & WAIVER AND FULLY UNDERSTAND ITS TERMS. I UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING BELOW, INCLUDING THE RIGHT TO SUE THE RELEASEES. I ACKNOWLEDGE THAT I AM SIGNING THIS AGREEMENT & WAIVER FREELY AND VOLUNTARILY AND INTEND MY SIGNATURE TO BE A WAIVER AND COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY DUE TO THE NEGLIGENCE OF RELEASEES OR THE INHERENT RISKS OF THE EVENT.

I expressly acknowledge, understand and agree that the activities of the Event involve the risk of serious injury and/or death and/or property damage. I agree not to dive or enter any mud pit or body of water head first, as doing so may cause serious physical injury and/or death.

I am fully aware of the risks and hazards inherent in participating in the Event and I voluntarily, knowingly and freely assume full responsibility for added risks associated with participating in the Event and entering the Premises, including, but not limited to, my own actions or inactions (or the actions or inactions of my minor children), the actions of others (including the Releases or Event attendees), injuries, illnesses, infections, contact with other (including the Releases or Event attendees).

Navigating any and all obstacles, Premises defects and the effects of weather, including, but not limited to heat, humidity and/or rain.

I consent to the use of my (or my child's) name, image and/or likeness in photographs, videos or recordings taken at the Event for use in Event advertising, marketing or promotion and I waive a11 right to any compensation to which I may otherwise

be entitled as a result of the use of such likeness. I understand and agree that all entry fees and related purchases are final and non-refundable.

I acknowledge and agree that the risks associated with the Event are open and obvious and that I have been informed and warned of those risks. In addition, I will have the opportunity to inspect each obstacle prior to attempting and I will not attempt such

obstacle unless I believe it is safe to do so. I agree and understand that attempting or completing any obstacle is purely voluntary and I am free to avoid any obstacle.

T-SHIRT Size & Amount	
Youth Small _____	Adult Small _____
Youth Med. _____	Adult Med _____
Youth Large _____	Adult Large _____
Youth XL _____	Adult XL _____
Extra T-shirt are \$10.00	
Total Enclosed _____	
Check # _____	Cash _____
Checks Payable to: HHF	

Parent's Name _____ Signature: _____ Date: _____

These events are neither sponsored nor endorsed by the Hampstead School District, the Hampstead School Board, the Superintendent, or the school.