

Emily's Parade - ER::5K Run

The Park County Sheriff's Office is hosting the ER::5K - Emily's Run this year, with assistance from Platte Canyon Fire, on **September 26, 2009**. This year's ER::5K will be a timed 5K, on and around Platte Canyon property, retaining the essence of a real cross country run. Check your categories below; there will be awards for the first-place finishers in each category.



Photo by Kirk Glienke

Your participation is an honor to us and our community. The suggested donation to participate is \$20, and people are encouraged to sponsor their friends and family in this Memorial Run. Proceeds will be distributed responsibly and effectively toward the stated goals of The "I Love U Guys" Foundation.

Logistics

ER::5K participants meet at Platte Canyon High School, parking near the football field on the south side of U.S. Highway 285. Runners and walkers will be shuttled to the starting point.

Register and check in near the parking area between 9:00 and 10:30 a.m. The Run begins at 11:00, ending at Platte Canyon High School where lunch and refreshments will be available.

The ER::5K coincides with The 4th Annual Emily's Parade Ride - a motorcycle ride beginning at Columbine High School. Both the Run and the Ride will ultimately converge at Platte Canyon High School where lunch and refreshments will be available.

For more information about The "I Love U Guys" Foundation, please see our site at www.iloveuguy.org.

Mail-in registration must be postmarked by **September 22, 2009**. Please mail to The "I Love U Guys" Foundation, P.O. Box 1230, Bailey, CO 80421.

Registration for ER::5K - Emily's Run Saturday, September 26, 2009

Please use one form per person. Registration includes some Parade bling and lunch at Platte Canyon High School. The suggested donation to register is \$20 per person.

Name: _____ Date of birth: _____ Today's Date: _____

Email address: _____ Phone number: _____

Street address: _____ City/State/Zip: _____

- Categories:** Bailey Resident Columbine Resident Colorado Resident (other than Bailey or Columbine Communities)
 Platte Canyon Student/Graduate Columbine Student/Graduate Student (other than PCHS or CHS)
 Emergency Medical Law Enforcement Fire Department Teacher/Coach

Team Affiliation: _____ (For new teams, one person must register online to create a new team.)

Age Groups: 13 & under 14-19 20-29 30-39 40-49 50-59 60-69 70+

Gender: Female Male

WAIVER AND RELEASE: I understand, acknowledge and agree that participating in the 2009 ER::5K ("Event") is a hazardous activity and involves physical risk to me. I hereby certify that I am and will be physically fit on the day of the Event. I acknowledge and assume any and all risks associated with participating in the Event including but not limited to, illness, traveling to and from the Event, falls, contact with spectators or other participants, vehicle traffic along the course, the effects of the weather, and the surface condition of the roads and sidewalks. I agree to abide by any decision of any Event official relative to my ability to complete this event safely. In consideration of the acceptance of my entry, I, for myself, my heirs, representatives and successors, hereby waive, release, discharge, hold harmless, promise not to sue The "I Love U Guys" Foundation, the County of Park, any and all sponsors, suppliers, volunteers and others associated with the Event (hereinafter "Released Parties") from all harm, damages or liabilities which I may suffer or which may be sustained by me, directly or indirectly, relating to claims that I have waived, released, or discharged herein. I agree to hold harmless and indemnify the Released Parties from any and all expenses incurred, claims made, or liabilities assessed against them, including but not limited to attorney's fees and litigation expenses, arising out of or resulting from directly or indirectly, in whole or in part, my breach or failure to abide by any part of this Waiver of Agreement. If signing as a parent, guardian or agent on behalf of a minor participant, I certify that I have the actual authority to sign the Waiver on behalf of such minor. I also understand and give permission to the Released Parties to use my name or images of my participation in this Event for publicity or promotional purposes, without liability or obligation to compensate me. By providing my email address, I give permission to the Event and its owners to communicate with me via this method. If after the Event, I wish to remove my email address from the Event's list, I will be able to do so.

Signature: _____ Parent/Guardian (if under 18 years old): _____

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