



# Mayor's Couch to 5K Run/Walk

February 15, 2025 ~ 9am to 11am

**Event Location:** Lancaster Community Park  
Senior Life Center  
240 Veterans Memorial Pkwy  
Lancaster, TX 75134

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex: F  M

### PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my digital signature below, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the "Mayor's Couch to 5K", the City of Lancaster, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_

(parent or guardian required if under 18)

Date \_\_\_\_\_

Need more information? Call: **972.218.1360**

[www.lancaster-tx.com](http://www.lancaster-tx.com)