



Event Fees: Adults - \$25

18 & younger - \$15.00

Date: April 15, 2023

Location: Monroe City Square, Monroe, IA 50170

Time: Run begins at 9:00 AM. Walk up registration 7:30 – 8:30 AM on the south side of the Monroe city square. (Shirts may not be guaranteed on race day)

Course: Flat, fast – perfect for a Personal Record (PR)

Details: Event will take place rain, snow, or shine...Award ceremony to begin at 10:15 AM
Jersey Freeze ice cream and water will be served to all participants.

More Info: Please visit: www.jerseyfreezemonroe.com

REGISTRATION FORM

Make checks payable to Monroe Old Settlers

Note: A separate registration form is required for each participant

5K RUN/WALK T-SHIRT SIZE: S _____ M _____ L _____ XL _____

SEX: FEMALE _____ MALE _____ DATE OF BIRTH _____

FIRST NAME _____ LAST NAME _____

ADDRESS _____ CITY _____ STATE: _____

ZIP _____

EMAIL _____ PHONE _____

TOTAL AMOUNT ENCLOSED \$ _____

Signature _____ Date _____

(Signature of Parent or Guardian if under 18)

JERSEY FREEZE FROSTY NOSE/COLD TOES 5K WAIVER

"I waive any and all claims for myself, my heirs, my executors and administrators against the Jersey Freeze Cold Nose Frosty Toes 5k and/or Monroe Old Settlers and sponsors for any and all injuries that are directly or indirectly a result from my participation in the Jersey Freeze Frosty Nose and Cold Toes 5k. I attest that I have full knowledge of the risks involved in a recreational program and that I am sufficiently healthy to participate.

I understand, affirm, and agree that I voluntarily waive, release, indemnify, hold harmless, and discharge the hosting Jersey Freeze, the Frosty Nose Cold Toes 5k, and the Monroe Old Settlers and their managers, employees, officers, agents, owners, and assignees, and their contracted entities involved at the Jersey Freeze Cold Nose Frosty Toes 5k, from any and all liability, claims, demands, actions, rights of actions, or legal proceedings whatsoever, whether personal to me or to a third party should I become injured (whether physically or emotionally) or cause injury to others, while participating (whether supervised or unsupervised), including such participation at the Jersey Freeze Cold Nose Frosty Toes 5k. I further understand that this WAIVER is binding even if any injury, loss, damage, or death should be caused by genuine negligence.

I understand and acknowledge that my participation may involve the use of equipment and gear that I am providing, as well as myself being situated in areas where active sports, recreation, and other activities are engaged in, as well as circulation and participation with other guests and others on-site and that such participation brings both known and unanticipated risks to myself and to others, which could result in injury, illness, disease, emotional distress, death, and or property damage to myself or to others.

Such injuries could include (but are not limited to): 1) being struck by an automobile; 2) falling; 3) colliding with another participant, 4) cuts and abrasions from skin contact with equipment, surfaces, or other participants; 5) sprain, twisting or other injury to limbs due to the physical nature of the sport of running and/or walking; 6) natural injuries including but not limited to heart attacks, asthma attacks, strokes, seizures; 7) acts of terrorism and 8) other injuries without limitation whether or not specified here.

I acknowledge, affirm, and agree that I have had sufficient opportunity to read this entire WAIVER of my rights, that I understand its content, and that by electronically signing, it is legally binding, and that I execute it freely, intelligently, and without duress of any kind and I agree to be bound by its terms."

Signature

Date