

Sallisaw High School Wrestling's 2nd Annual Take It To The Mat 5k & 1-Mile Fun Run



Diamond Daze Weekend!

Saturday, June 9th at 7:30 am

Downtown Sallisaw



◆ **\$20 Registration Fee for 5k**

◆ **\$10 Registration Fee for Fun Run**

- ◆ Registration must be received by Saturday June 2nd to be guaranteed a race shirt
- ◆ Registration is available on day of event from 6:30 am to 7:00 am
- ◆ Onsite Registration: 5k—\$25 and Fun Run—\$15
- ◆ This is a timed race on a certified course

To register check out:

www.eventbrite.com

and search Take It To The Mat 5k

Or visit us on Facebook:

Sallisaw Black Diamond Wrestling

PLEASE READ All Participants: Waiver & Release of all claims and assumption of risk

I recognize and acknowledge that there are certain risks of physical injury to participants in Take It To The Mat 5k and 1-Mile Fun Run. I voluntarily and knowingly agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that I may sustain as a result of said participation. I further agree to waive and relinquish all claims I may have (or which may accrue to me) as a result of participating in these activities against Sallisaw Wrestling including its officers, the race officials, agents, volunteers and sponsors. Participants registering for the race, programs/activities must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs. I agree that I am solely responsible for determining if I am physically fit and/or skilled for the race or activities contemplated by this Assumption and Release. It is always advisable, especially if the participant is pregnant or disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. I, for myself and my heirs, do hereby fully release and forever discharge the organizers from any and all claims for injuries, including death or incapacity, illnesses, damages, expenses or loss that I may suffer arising out of, connected with, or in any way associated with the race, program or activities including injuries caused or associated with transportation to and from the event. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. When registering online, my online agreement shall substitute for and have the same legal effect as an original form signature. PARTICIPATION WILL BE DENIED, if I have not accepted this waiver before the start of the event.