



2016 USC DHOP/Run with a PAAL Official Entry Form

Male Female

Date of Birth: _____

Please Print Legibly

Name (Last, First): _____

Address: _____

City, State, Zip: _____

Phone: (____) _____ Email: _____

Please include phone and email to receive confirmation of registration & race packet pick-up information.

Distance (Circle One): 5K Run 5K Walk 1K Fun Run

T-Shirt Size (Circle One): Youth: S M L XL

Adult: S M L XL

Shirt Type (Circle One): DHOP PAAL No Preference

Group or Team (if applicable):

Medals will be awarded to the top three (3) finishers in each age category and top team for 5K run. An additional prize will be awarded to the top overall male and female 5K run finishers. Participant ribbons will be provided to all youth participants.

Pre-registration includes guaranteed t-shirt, goody bag and pancake breakfast. After pre-registration, t-shirt sizes are not guaranteed and all additional items are only provided while supplies last.

Register online and/or download additional registration forms: www.runwithapaal.com

Registration Fees:

5K Run/Walk Pre-Registration - \$35 until August 2, 2016

5K Run/Walk Regular & Race Day Registration - \$40

1K Fun Run - \$15 per person

Groups & Family Discount Rates Contact: admin@runwithapaal.com

Please make checks payable to: Montebello PAAL

If not registering online,
mail completed form to:
PAAL c/o Montebello PD
1600 W. Beverly Blvd.
Montebello, CA 90640

All PAAL members & PAAL family members who participate - A portion of your fee will be credited towards registration fees for PAAL a program of your choice (Good for 1 Calendar Year).

Name of PAAL member to receive credit: _____

I have read and filled out the **Participant Waiver for Race Registration.**

Signature: _____ Date: _____

(If participant is under 18 years of age, a parent or guardian signature is required)



Participant Waiver for Race Registration

I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and/or participate unless I am medically able and properly trained, and by my signature, 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 attest that I have read the rules of the race and agree to abide by them. 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 personal music players are not allowed in the race and I will abide by all race rules. 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 Montebello Police Athletic & Activities League (PAAL) [2016 USC DHOP/Run with a PAAL 5K], USC DHOP, Make A Dent Inc., the City of Montebello, the Montebello Police Department, the County of Los Angeles (Legg Lake – Whittier Narrows Recreation Area, South El Monte), all event 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. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

I have carefully read this release, hold harmless and agreement not to sue and fully understand its contents. I am aware that it is a full release of all liability and sign it of my own free will.

Name (Printed): _____

Signature: _____ Date: _____

Parent's Name (Printed) if under 18 years: _____

Parent's Signature if under 18 years: _____ Date: _____