



Saturday  
 October 2, 2010  
 Registration 8 am  
 Run/Walk 9 am  
 Silver Lake Pool,  
 Rochester

# 5K Dog Run/3K Fun Walk

Pledge/Registration Form

Zumbro Valley  
 Mental Health Center  
 343 Wood Lake Drive SE  
 Rochester, MN 55904  
 (507) 289-2089  
 www.zumbromhc.org

Paws and Claws  
 Humane Society  
 602 7th Street NW  
 Rochester, MN 55901  
 (507) 288-7226  
 www.pawsandclaws.org

USE THIS FORM TO COLLECT YOUR PLEDGES. All donations are tax deductible. Federal Tax ID #41-6052022.

Your donations support Paws and Claws Humane Society and Zumbro Valley Mental Health Center. With your donations, we are able to provide housing and basic necessities to thousands of people and animals within our community each year.

*Participant Information* Please Print Clearly

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Gender: M F Shirt Size: S M L XL 2XL  
 Dog Name: \_\_\_\_\_ Dog Size: S M L Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 3K Walk  5K Run  Phone (day): \_\_\_\_\_ Phone (evening): \_\_\_\_\_ Email: \_\_\_\_\_

If you raise and submit \$50 or more to New Leash on Life, your registration for the 5K run or 3K walk is FREE.

	First Name	Last Name	Address	City	State	Zip	Phone	Pledge Amount	Amount Collected
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

Please copy this form for your records

**Total Pledge Money Collected**

Participants can register and solicit donations directly or in advance on the Web at <http://www.zumbromhc.org/news/new-leash-on-life-5k.html>. Otherwise, please bring this form and donations to the registration table on the day of the event. There will be an award for top fundraiser. Please make checks payable to Zumbro Valley Mental Health Center with your name in the memo section of the check.

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Waiver & Release



*Saturday*  
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*Silver Lake Pool,*  
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In consideration of acceptance of this entry, I hereby for myself, my heirs, executors, administrators, and assigns, release and discharge Zumbro Valley Mental Health Center ("ZVMHC") and Paws and Claws Humane Society ("P&C"), the Volunteers, Staff, Sponsors, and the City of Rochester, from any and all claims for any injury, harm, loss, or damage of any kind whatsoever to me or my dog which may result from or be connected in any way with my participation or traveling to or from the "New Leash on Life" Dog Run/Fun Walk event.

I understand that participation in this event is potentially hazardous and understand that this event may be held over public roads and facilities open to the public during the event and upon which hazards are to be expected. That participation carries with it certain inherent risks that cannot be eliminated completely ranging from minor injuries to catastrophic injuries including death.

I further represent that my dog and I are in proper physical condition to participate in the event, and that my dog is not in heat, has a current Rabies tag and is up-to-date on all vaccinations. I hereby absolve and hold harmless ZVMHC and P&C from any damage I may sustain because of any breach of these representations and further agree to indemnify ZVMHC & P&C for any injury, harm, loss, or damage to third parties.

I hereby consent to and permit emergency treatment in the event of injury or illness while participating in the event. I also give permission to ZVMHC and P&C to use my name and my dog name and any photograph or video taken of me or my dog during the event in any promotion materials or publications.

I certify that I have read this waiver and release and understand its significance and intend by my acceptance unconditional release of all liability to the greatest extent allowed by law.

Signature \_\_\_\_\_

Guardian's Signature (if registrant is under 18) \_\_\_\_\_

Date \_\_\_\_\_