Extra Mile Event

PINK POWER®
BALDWIN EMC

Saturday, Oct. 27, 2018
9 - 11 a.m.

iHealthy
INFIRMARY HEALTH

EVENT DETAILS:
Come together to honor those whose lives have been affected by cancer!

Families are welcome.
Food and kid-friendly activities will be provided.

Infirmary Health will offer skin cancer spot checks and "InBody" composition screenings on site.

PICK YOUR DISTANCE:
Course will be marked in 1-mile, 2-mile and 3-mile sections. Walk or run whatever distance you prefer! No minimum - just do your best! Or pick a spot and cheer from the sidelines!

PICK YOUR PACE:
This is a **non-competitive** event!
Your speed and your distance are up to you!

PICK YOUR PERSON:
Walk or run as a tribute to someone in your life who has been affected by cancer.

WIN! All registered participants will be entered into a drawing for a day off work! (Must be present at the event to win!)

Waiver: Must be signed by every Run/Walk participant
(parents or guardians sign for participants under 18)

I know that participating in a physically-demanding event of this nature is a potentially hazardous activity that could cause injury or death. I should not participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and 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 by me. I understand that bicycles, skateboards, roller skates or blades and animals are not allowed in the race, and I will abide by this guideline. Having read and understood this waiver, I, for myself and anyone entitled to act on my behalf, hereby waive, release and discharge forever Baldwin EMC, Infirmary Health and its affiliates, the Guardians of the Ribbon of Lower Alabama, Inc., all sponsors and volunteers from all claims or liabilities and any city, county, state, and national government entity responsible for areas used.

Return form to Kim Frank by October 22, 2018

Participant Name (please print):_____
Signature:_____ **Date:**_____

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Signature:_____ **Date:**_____

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Signature:_____ **Date:**_____

Parental signatures required for participants under age 18.