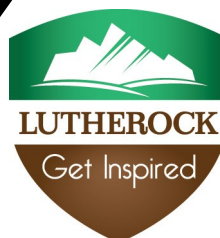


**The ROCK**  
**5k Trail Run**  
**Can you handle it?**  
**Saturday, April 25, 2015**  
**8:30am**  
**Camp Lutherock**  
**84 Camp Luther Rd**  
**Newland, NC 28657**

Packet pick-up on Friday, April 24 from 6pm-9pm and on race day from 7am-8am.

Register using the back of this form or online at:  
<https://runsignup.com/Race/NC/Newland/TheRock5kTrailrun>

All net proceeds go towards Camp Lutherock's summer camper scholarship fund.



Name: \_\_\_\_\_

First

Last

Address: \_\_\_\_\_

Street/PO Box

\_\_\_\_\_

City

State

Zip

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship to runner: \_\_\_\_\_

T-shirt Size: \_\_\_\_\_ (XS-XXL)

Payment: \$20.00

Check enclosed (make payable to Kara Ridenhour: The Rock 5k)

Credit Card Number: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

**NORTH CAROLINA  
BUNCOMBE & AVERY COUNTY**

**NovusWay, Inc.**

PARTIAL WAIVER AND RELEASE OF LIABILITY AND PARENTAL CONSENT

READ CAREFULLY BEFORE SIGNING

In consideration of NovusWay, Inc. furnishing services and/or equipment to enable me/my child to participate in a variety of outdoor and recreational activities, I agree as follows:

I fully understand and acknowledge that outdoor recreational activities have: (a) inherent risks, dangers and hazards and such exists in my use of outdoor recreational equipment, transportation to, and my participation in outdoor recreational activities; (b) my/my child's participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, death, or other ailments that could cause serious disability; (c) these risks and dangers may be caused by the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature, or other causes. Risks and dangers may arise from foreseeable and unforeseeable causes including risks, hazards, and dangers that are integral to recreational activities that take place in a wilderness, outdoor, or recreational environment; and (d) by my/my child's participation in these activities and/or use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages.

I hereby agree and consent to my/my child's participation in each outdoor and recreational activity that is provided by or on behalf of NovusWay, Inc. for the age group in question (which may include, among other things, camping, hiking, canoeing, challenge tower activities, challenge course activities, rock climbing, spelunking, mountain biking, playground activities, and swimming). I, on behalf of myself/my child, and my personal representatives hereby waive, release and discharge NovusWay, Inc. its agents and employees, of any claim whatsoever that is not the direct result of active, foreseeable negligence on the part of NovusWay, Inc. and its respective agents and employees. I further waive, release and discharge NovusWay, Inc. for any claim arising from participation in any program, service, or other outdoor and recreational activities.

The sole proper venue of any dispute that may arise out of this Waiver or Release or otherwise between the parties to which NovusWay, Inc., or its agents is a party shall be the General Court of Justice, Buncombe County, North Carolina. I understand and acknowledge that this Waiver and Release and any claim arising herein shall be interpreted pursuant to the laws of the State of North Carolina, which shall be controlling in all respects and at all times.

I HAVE READ THE ABOVE PARTIAL WAIVER AND RELEASE OF LIABILITY AND PARENTAL CONSENT AND BY SIGNING IT AGREE THAT IT IS MY EXPRESS INTENT TO EXEMPT AND RELIEVE NOVUSWAY, INC., FROM LIABILITY FOR PERSONAL INJURY, PERSONAL PROPERTY DAMAGE OR WRONGFUL DEATH OTHER THAN CLAIMS THAT ARISE AS THE DIRECT RESULT OF ACTIVE FORESEEABLE NEGLIGENCE.

\_\_\_\_\_  
PARTICIPANT NAME (PRINT)

\_\_\_\_\_  
PROGRAM OR RETREAT DATES

\_\_\_\_\_  
SIGNATURE (If 18 years of age or older)

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN (If less than 18 years old)