

Visit Eureka & HealthSPORT present



Part of Eureka's Salt & Fog Fish Festival

# FISH OUT OF WATER 5K & FUN RUN

SUNDAY, APRIL 28 • 10AM

**RACE BEGINS AT**  
HealthSPORT By the Bay

**REGISTRATION FEES:**

- Adult (with shirt) \$25
- Adult (without shirt) \$10
- Kids under 16 - \$5 (without shirt)

*50% off Registration Fees for  
HealthSPORT Members and  
6 Rivers Running Club Members*





## Fish Out of Water 5k & Fun Run - April 28, 10:00am

Submit completed registration to HealthSPORT By the Bay by 4/12

First Name

Last Name

Gender

Male

Female

Age

Birth-date

Phone

E-Mail

Emergency Contact (Name/Phone)

Mailing Address

**\*\*Participants under 18 years of age must have a signature from a parent/guardian**

### Select Your Run and Options:

#### Run Registration

Adult **\$10**

HealthSPORT Staff/6RRC Member **\$5**

Youth Under 16 **\$5**

#### Add a T-Shirt?

Yes **\$15**

No

Yes (HealthSPORT or 6RRC Member) **\$7.50**

#### T-Shirt Size (Adult Unisex)

Small

X-Large

Medium

XX-Large

Large

### Fish Out of Water 5K Waiver & Rules:

*Registration is not complete until the participant agrees to the Waiver & Rules.*

#### ALL ENTRANTS MUST SIGN WAIVER (Parent or Guardian if under 18):

Intending to be legally bound, I do hereby certify that my training and health are adequate for me to safely compete. I will waive and release any claims for damages or injuries as a result of my participation in or my traveling to this event to the following entities: State of California, City of Eureka, County of Humboldt, HealthSPORT, Humboldt Made, Event Sponsors and Event Volunteers from any and all liabilities and claims made by other individuals or entities as a result of my actions during the Fish Out of Water 5K 2019. I affirm that I am of legal age and am freely signing this agreement. I have read this form and fully understand that by signing this form, I am giving up legal rights and/or remedies which may be available to me for ordinary negligence of HealthSPORT or any of the parties listed above.

Further, I give HealthSPORT permission to use any promotional photos taken of me while participating in this event.

Print Name

Date

Signature

#### RULES

- No baby joggers/strollers, dogs, bicycles, skateboards, roller blades/skates permitted on the trail by participants.
- All participants must check in on event day.
- All participants must check out after crossing the finish line.
- Runners who fail to follow rules will not be given a bib.