#### Participant Waiver

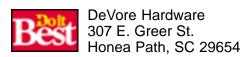
- 1. I waive any right I may have in the future to make a claim against The Black Cow Coffee House, its managers, employees, or agents. This waiver extends to any type of personal injury I might sustain in my participation. This Agreement shall operate as a release of any liability of The Black Cow Coffee House and those listed for any claim that may develop.
- 2. I am voluntarily participating in the "Black Cow Stampede" and I assume the risk of injury that might happen to me by participating in the "Black Cow Stampede", 1st Annual 5K run /1 mile walk.
- 3. I represent to The Black Cow Coffee House that I am physically fit to participate in the "Black Cow Stampede" and that I will not extend myself beyond my abilities, or if I do so, it will be at my own risk.
- 4. I have been informed that I should consult with a physician concerning my participation in an exercise program and obtain from a physician, advice as how I should participate in relationship to my state of physical condition. I have also been informed that I should periodically update my state of physical condition with a physician. I either have obtained such advice from a physician or acknowledge that I have decided to participate in exercise programs without obtaining the advice of a physician.
- 5. I understand that the waiver and Release of Liability above stated is broad terms. If portions of this Waiver and Release of Liability are held invalid, the remainder will continue in effect.
- 6. I have read this Waiver and Release of Liability and understand the rights I am giving up by signing it.

Date:			

#### Post run refreshments and Awards provided by Sponsors:







#### All proceeds benefit:



Meeting the needs of our widowed community, assisting in the repair and maintenance of all areas from their hearts to their homes.

# 1st Annual Black Cow Stampede



# October 23<sup>rd</sup> 2004 8:00 AM 5K Run / 1 Mile Walk

5K Course Certification #SC97009BS

#### Sponsored by:

The Black Cow Coffee House 3 North Main Street Honea Path, SC 29654

864-369-2269

# Black Cow Stampede 5K Run / Walk

#### Schedule of Events:

8:00 AM 5K Run 1 Mile Walk - to begin immediately after the start of the 5K run.

Kids in strollers and walk alongs are welcome for the 1mile.

#### Date:

Saturday, October 23, 2004

#### Start & Finish:

Main Street Honea Path, SC

#### Registration:

For early registration, complete the entry form attached to this brochure and return it with a check payable to: Widows' Watchman Ministries.

Attn: Bill May
The Black Cow Coffee House
3 North Main Street
Honea Path, SC 29654

#### Race Day Registration:

7:00 AM – 7:45 AM Saturday, October 23<sup>rd</sup> at Registration Table on Main Street.

## **Entry Fees**

#### Black Cow Stampede 5K:

FREE for Widows and Widowers \$10 Members of Track Teams, Cross Country Teams.

\$10 Military - active, reserve or retired

\$15 Pre-Registration

\$20 Race Day Registration

#### Awards (5K Run / Walk):

A Black Cow Coffee Mug to All finishers.

Awards to overall winners Male and Female in 5K Run, in each age group.

Ribbons to all 1 Mile participants.

Age Group Awards for the following Age Groups: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+, Herd Bull 250 lbs.+

#### Water Stations:

Located at Mile 1 and Mile 2 markers.

### Official Entry Form

Please sign reverse side

Name				
Address				
City, State, Zip				
Area Code and Home Phone				
Date of Birth Age (as of Oct 23, 2004)				
Email				
Walker Y or N (Circle one)				
Sex: M or F (Circle one)				
Herd Bull Y or N (Circle one)				
Check payable to: Widows' Watchman Ministries. Or Pay by: Visa, MC, or American Express:				
Name on Card				
Card Number				

**Expiration Date** 

For more information, contact Bill May at 864-369-2269