

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: _____

Signature of Participant or parent or guardian if under 18

Post run refreshments and Awards provided by Sponsors:



DeVore Hardware
307 E. Greer St.
Honea Path, SC 29654

All proceeds benefit:



**Widows'
Watchman
Ministries**

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 23rd 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 23rd 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*