Registration:
Early Registration (on, or before October 31) is $20. **Student Bonus:** Two students, who register together, pay only $32, if paid by check, with mail-registration. Registration the day of the event is $25 for Everyone. **Student Bonus:** Two students, who register together, pay only $40. For more information, or to register for the 5K, go to 5k.appstate.edu, or complete this form and send, with your payment, to the enclosed address.

Awards:
Certificates will be awarded to the overall male and overall female winners, as well as the top two males and females of each of the following categories: 17 & Under, 18-24, 25-29, 30-39, 40-49 and 50 & Up.

Parking:
Parking is available at Beaver College of Health Sciences, Leon Levine Hall.

Proceeds:
All proceeds for the Black Saturday 5K go towards funding the Recreation Management Association Scholarship Fund.

For more information about Appalachian State University Recreation Management Program, go to www.rmpe.appstate.edu
RELEASE AND WAIVER AGREEMENT
On the morning of November 2, 2019, the Recreation Management Association ("RMA") of Appalachian State University ("App State" or the "University"), will hold a 5 Kilometer Run/Walk (the "activity") at Leon Levine Hall of Health Sciences. I understand the physical nature of this activity and the substantial potential risks inherent in them, including risks of personal injury and death, and property damage or loss. I wish to be permitted to participate in the 5 Kilometer Run/Walk, and I assume sole and full responsibility for my safety during my participation in or observation of this activity.

In consideration of being permitted to participate in or to observe the activity identified above, I agree as follows:

1. I will comply with all instructions and directions of Appalachian State University officials and staff before, during, and after participation in the 5 Kilometer Run/Walk.
2. I understand the possible risks and dangers to me and my property associated with my participation in or observation of the 5 Kilometer Run/Walk, and I participate or observe voluntarily in reliance upon my own judgment and ability. I assume all risk of personal injury, death, and property damage or loss from any cause whatsoever, including, but not limited to, my own conduct, the failure of anyone to enforce rules and regulations or inspect equipment or facilities, and the negligence of anyone else; and
3. I release and shall indemnify, defend and save harmless the Recreation Management Association, Appalachian State University, The University of North Carolina, the State of North Carolina and their respective trustees, agents, and employees from all liabilities, losses, costs, damages, claims or causes of action of any kind or nature whatsoever, and expenses, including attorneys fees, arising or claimed to have arisen out of personal injuries or death, or property damage or loss, sustained by me as a result of any cause whatsoever, including but not limited to my own conduct, negligence or other misconduct on the part of Appalachian State University trustees, agents, or employees, or those injuries or property damage sustained by others as a result of my own negligence or intentional acts, during my participation in or observation of the 5 Kilometer Run/Walk (including travel to and from the activity site).

I certify that I am at least eighteen (18) years of age, medically and mentally sound, physically fit to participate in or to observe the activity described above, and I am competent to enter into this waiver and release agreement. I further certify that no oral promise, agreement, warranty or representation concerning safety or liability has been made to me.

I HAVE READ AND UNDERSTAND THIS WAIVER AND RELEASE, I UNDERSTAND AND AGREE THAT IT WILL LEGALLY BIND ME AND MY ESTATE, AND I SIGN IT VOLUNTARILY.

Signature (of parent if under 18) ___________________ Date ____________

Printed Name ____________________________

Recreation Management Association Scholarship Fund
Black Saturday 5K
Registration Form

Please complete and return the entire application with registration fee to:
Sherri Wilson – Appalachian State University – Leon Levine Hall of Health Hall of Health Sciences – Health Promotion for Faculty and Staff – P.O. Box 32069 – Boone, NC 28608

Name ____________________________ Phone# ____________________
Address ________________________________
City __________________ State ____ Zip ________ E-mail Address ______________________
Emergency Contact: ____________________________
Emergency Contact Phone#: ____________________________ Is this Person at the Event? Y   N

Gender (circle) MALE    FEMALE
T-Shirt Size: S    M    L    XL
(Sizes are not guaranteed. First come, first served basis)

Age (circle one): 17 or Younger    18-24    25-29
30-39    40-49    50 or Older

Entry Fee: On, or Before October 31
$20.00
$32.00 (Student Bonus Rate) (If two students register together.)
After October 31
$25.00
$40.00 (Student Bonus Rate) (If two students register together.)

Black Saturday 5K Total Entry Fee.................$ ____________

Make check payable to Recreation Management Association and mail completed registration form, with payment, to:
Sherri Wilson
Appalachian State University
Leon Levine Hall of Health Sciences
Health Promotion for Faculty and Staff
P.O. Box 32069
Boone, NC 28608

YOU MUST SIGN WAIVER TO THE LEFT.

The Black Saturday 5K course will start and end at Leon Levine Hall. The course is an out and back, flat terrain rolling hill.