

REGISTER ONLINE: UCSVT.ORG/EVENTS



UCS Superhero 5K and Kids' Dash Registration Form

Saturday, November 4, 2023, at 9am
655 Gage Street, Bennington VT

Name _____

Email _____

Address _____

City _____ State _____ Zip Code _____

Date of Birth ____/____/____ Age on Race Day _____

Circle One

Race: 5K Walk/Run Kids' Dash

Gender: Female Male Choose not to disclose

Adult T-Shirt Size: S M L XL XXL
XXXL XXXXL

This year's Superhero 5K and Kids' Dash benefits:
The UCS Teens4Change group.

T4C is a peer-led group that gives young people the opportunity to interact with each other and build community connections while learning important social-emotional and leadership skills. You can learn more about this program here:

ucsvt.org/programs/children-youth-and-family-services/

Shirts guaranteed to those registered before October 1, 2023

Entry Fee

Adult \$35 \$ _____

Student \$20 \$ _____

UCS Staff \$20 \$ _____

UCS Client \$10 (first 100 free) \$ _____

Under 12 Free \$ _____

Donation \$ _____

Coupon Code _____

Total _____

Register by mail with this form, or online at ucsvt.org/events. For more information call (802) 442-5491. Complete forms, along with checks made payable to UCS, should be returned to:

United Counseling Service

Attn: Superhero 5K

100 Ledge Hill Drive

Bennington, VT 05201



Participant Waiver for Race Registration

I know that running the UCS Superhero 5K, a road race, is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential for the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, baby joggers/strollers, roller skates or inline skates, animals, and personal music players are not allowed in the race, and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the UCS Superhero 5K and the town of Bennington, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Sign _____ Date _____

Parent Sign (*If under 18*) _____ Date _____

Thank you to our Heroic Sponsors!



Bennington Banner

Manchester Journal



GVH Studio, MSK Engineers, Coggins Auto Group, Hill & Thompson, P.C. and rk Miles.