



Entry Form

NO RACE DAY REGISTRATIONS

Sunday, October 1, 2017 • Sacramento, California

Registration also available online at: www.urbancowhalf.com

Entries must be postmarked by Sept. 23, 2017

Race Category (select your event)

Half Marathon : Wave 1 (under 2hrs.) Wave 2 (over 2hrs.)

Relay 5K

Gender: Male Female **Age:** _____ (On race day)

Date of Birth _____ **Expected Finish Time** _____ hr. _____ min.

First name _____ (Please print clearly) Last name _____

Street address _____ Apt number _____

City _____ State _____ Zip _____ Country (leave blank if USA) _____

Daytime phone _____ Evening phone _____

E-mail address _____ (Important for race updates)

Select Shirt Size:

5K Run/Walk
 (cotton unisex t-shirt)

Youth Med Youth Lrg SM MED LG XL XXL XXXL

Half Marathon & Relay
 (gender specific microfibre shirt)

WOMENS XS SM MED LG XL XXL

MENS SM MED LG XL XXL

HALF MARATHON RELAY

Team Captains must complete questions above and have teammate information below

Team:

Relay team name (20 characters max.) _____ Male Female Coed

E-mail address _____

Team member name	Age	Gender	T-Shirt size
_____	_____	_____	_____
_____	_____	_____	_____

Team member liability waiver signature _____ Date signed _____

Race entry fees:	"Early Cow" Through August 31	Sept. 1 to Sept. 24	Sept. 25 to Sept. 30
Half Marathon	\$65	\$75	\$85
Half Marathon Relay	\$100	\$110	\$120
5K	\$40	\$45	\$50

Sorry, no refunds or transfers

Make check payable to "Urban Cow" and mail to:

Urban Cow
 2533 R Street, #130
 Sacramento, CA 95816

Waiver and Signature: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims for damages I may accrue against the persons and organizations affiliated with the race including but not limited to Urban Cow, Capital Road Race Management, Kaiser Permanente, City of Sacramento, all sponsors, volunteers, marathon staff, subcontractors, agents, attorneys, and representatives for any and all injuries that I may suffer while participating in the Half Marathon or any of its allied or accompanying events, or en route to and from the events. I consent to the use of my image in photos, videos and audio recording and film, of my participation in all Half Marathon events. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver, I acknowledge that I have read and understand all of the above.

Signature of Applicant _____ Date _____

Parent/Guardian Signature for all participants under 18 years of age _____ Date _____

For those participants who want to milk the experience, the course will be open for 4 hours.