

# Register.

## Select your registration option:

\_\_\_ CSU students/faculty/staff: \$18

\_\_\_ Non-CSU Adults: \$23

\_\_\_ Kids 12 & under: \$12.50

*Add \$5 if registering after October 1*

**Race water bottles** included for all who register by September 30

## Register in-person:

Runners Roost

2720 Council Tree Ave #112

Ft. Collins, CO 80525

-Or- on race day beginning at 8 a.m.

## Register online:

[www.Active.com](http://www.Active.com)

## Register by mail:

Send form with check payable to:

'One Health Club'

c/o L. Backus

3401 Westminster St.

Ft. Collins, CO 80526



## CSU One Health Club

We support the One Health Initiative through organized involvement and collaboration with the public, environmental, and animal health communities.

We provide a forum for the discussion of health-related issues facing humans, animals, and the ecosystem, such as: zoonotic diseases, infectious diseases, globalization, and climate change.



[onehealthclub@gmail.com](mailto:onehealthclub@gmail.com)

[www.csuonehealthclub.org](http://www.csuonehealthclub.org)

CSU One Health Club presents



# PAWS

ON THE PAVEMENT

5K Run/Walk for Obesity Awareness

October 8, 2011 • 9-11 a.m.

# Run. Walk. Learn.

**6-legged teams** encouraged (you and your leashed 4-legged friend) at this community run/walk to raise awareness of the health risks of obesity in pets and people

**Mini Health Fair for Pets & People** CSU Veterinary students will conduct brief physical exams on the 4-legged racers, students in health & exercise science programs will conduct body fat percentage analyses and provide information on obtaining a healthy weight for the 2-legged racers, and many vendors and organizations will be on hand to help improve our the health of all our participants

**Best Pet Trick Contest** featuring fantastic prizes for the best pet tricks!

**Awards** will be presented to our top performers



## Race day.

The 5k will start on the beautiful, historic CSU Oval located on the northeast corner of campus. This is a flat and fast course that makes a loop around CSU.

Free parking is available anywhere on campus.

The Health Fair will take place at the Water Plaza (west of the Oval, in front of the Engineering Building).

### Schedule

8:00 am Race Registration / Race Packet Pick-Up

9:00 am 5k Race Start

9:15 am—11:00 am Mini Health Fair for Pets and People

10:00 am Kids Fun Run

10:30 am Best Pet Trick Contest

### Participant Information: (Please Print)

Name: \_\_\_\_\_

Age on race day: \_\_\_\_\_ M \_\_\_ F \_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

### Emergency Contact Information:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### Participant Waiver:

#### (Under 18 Parent/Legal Guardian Signature Required)

Read this document completely before signing. Its effect is to release the sponsors and CSU from any liability resulting from your participation in the below named activity and waives all claims for damages or losses against the sponsors and CSU.

#### Release From Responsibility, Assumption of Risks and Waiver

In consideration of my being permitted to participate in the following activity: Paws on the Pavement 5k for Obesity Awareness, on October 8, 2011.

I, (print name) \_\_\_\_\_, exercising my own free choice to participate voluntarily in the above named activity, and promising to take due care during such participation, hereby release and discharge, indemnify and hold harmless the One Health Club, the Board of Governors of the Colorado State University System, and Colorado State University, and their members, officers, agents, employees, and any other persons or entities acting on behalf, and the successors and assigns for any and all of the aforementioned persons, and entities, against all claims, demands, and causes of action whatsoever, either in law or in equity, relating to injury, disability, death, or other harm, to persons or property of both, arising from my participation in and/or at the above listed activity.

I acknowledge that I have been informed of hazards and risks which may be associated with participation in the above mentioned activity, I understand, accept, and assume those hazards and risks, and waive all claims against the One Health Club, the Board of Governors of the Colorado State University System, and Colorado State University, and other persons as set forth above. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through my participation in normal or unusual acts associated with the above named activity.

I have had sufficient time to review and seek explanation of the provisions contained above, have carefully read them, understand them fully, and agree to be bound by them. After careful deliberation, I voluntarily give my consent and agree to this Release from Responsibility, Assumption of Risk and Waiver.

#### I understand that dogs are allowed and will be present at the race.

Read and acknowledged this \_\_\_\_\_ day of \_\_\_\_\_, 2011.

Signature of the participant named above: \_\_\_\_\_

Signature Witness: \_\_\_\_\_

#### If participant is under age 18, his/her parent or legal guardian must also sign:

I, (print name) \_\_\_\_\_, am parent or legal guardian of the participant who has signed above. I have read and understand the provisions of this document; I consent to the participant participating in the activity described above, and fully enter into and agree to the above Release from Responsibility, Assumption of Risk and Waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Health Insurance Carrier (optional) \_\_\_\_\_

Policy Number (optional) \_\_\_\_\_