



SWAT CHALLENGE ENTRY FORM



SWAT CHALLENGE

July 4th

Entry Fee \$30 (includes a t-shirt)

Registration: 5:30 am

Race begins at 6:00 am

Pre-registration is required to guarantee your t-shirt.

This event includes:

Active Shooter Sprint: 40 yds holding a light breaching tool

Officer Rescue: Drag a simulated downed officer to safety

Equipment Carry: Carry a breaching tool to a simulated breach point

Run: 1/4 mile run

Simulated Obstacle Climb: Complete 2 weighted pull-ups

REGISTRATION FORM:

Name: (please print)

Age

Circle One: Male Female

Address

City/State/Zip

Phone

Email Address

T-shirt size

In registering for the I Ran From the Cops 5k, I agree to indemnify and hold harmless the Willow Springs Chamber of Commerce (the "Chamber") and its successors and assigns and affiliates, agents, employees, members, managers, directors and officers from and against any and all claims, liability, losses, causes of action, penalties, damages, expenses and judgments of any kind or nature whatsoever, including reasonable attorney's fees, for injuries or accidents to persons or property, in connection with my participation occurring on or about Willow Springs or in any location associated with my participation in this event.

Signature (REQUIRED): _____

Parent or Guardian if under 18: _____

Mail Entry form to: Willow Springs Chamber of Commerce PO Box 322
Willow springs, MO 65793

