



**CrossFun Games**

**Saturday, September 24, 2016 (Registration at 8 am, Games at 9 am)**

**Carroll Wellness Center - Hillsville, VA**

**View all info and/or register online at [thrivewellnessministries.com/crossfun](http://thrivewellnessministries.com/crossfun)**

First & Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

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

Age on Race Day: \_\_\_\_\_ Gender: \_\_\_\_\_

**Competition Level (choose ONE):**

\_\_\_ Easy (1 mile walk/jog/run on the Beaver Dam Trail)

\_\_\_ Moderate (1 mile run on Beaver Dam Trail followed by moderate cross training activities at CWC field)

\_\_\_ Challenging (1 mile run on Beaver Dam Trail followed by challenging cross training activities at CWC field)

Names & Ages of any children competing with you:

\_\_\_\_\_  
\_\_\_\_\_

T-Shirt Size: \_\_\_\_\_ How did you hear about the event? \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_

**Emergency Contact Phone:** \_\_\_\_\_

I have been released by a physician to exercise or am acknowledging that I have no known reason not to exercise. I realize participation involves risk of injury, including but not limited to damaged muscles, broken bones, damaged ligaments and tendons, heart attack, stroke, and even the possibility of death. I also recognize there are many other risks of injury, including serious and disabling injuries, that may arise due to my participation in this activity and that it is not possible to list every individual injury risk. I hereby expressly assume all the delineated risks which could occur by my participation and will not hold Thrive Wellness Ministries, LLC or Carroll Wellness Center liable in any form or fashion.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Registration Fee Info**

**The registration fee for the event is whatever you feel led to donate.** Please note that donations are non-refundable (if for some reason you cannot attend the event or the event is cancelled due to terribly inclement weather). All efforts will be made to hold the event if the weather is safe and we're looking at a "rain date" just in case. We appreciate your prayers and support of this event! At this time, donations to Thrive Wellness Ministries are NOT tax deductible, but still very appreciated! Rockin' cool event t-shirts will be given with any \$30 or more donation. If you want a shirt in your selected size, you must register & donate by Friday, September 2. Otherwise, you may have to take a shirt not in your size or risk not getting a shirt (or having to wait a while until we can order some more).

**Make your donation online at <http://www.thrivewellnessministries.com/crossfun-donations/> or mail it to**

**Thrive Wellness Ministries - PO Box 1302, Hillsville, VA 24343**

**Questions? Call or text Mandy at 276-779-3336 or email [mntriveggies@gmail.com](mailto:mntriveggies@gmail.com)**