

# Entry Form

Sunday, October 7, 2012

Registration also available online at: [www.urbancowhalf.com](http://www.urbancowhalf.com)

Entries must be postmarked by Sept. 26, 2012



**Race Category** (check one)  Half Marathon  Relay  5K

**Gender:**  Male  Female **Age:** \_\_\_\_\_  
(On race day)

I would like my race packet mailed to me (\$12 fee)  
(Deadline Sept. 10)

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**  
(cotton unisex t-shirt)  
 XS  SM  MED  LG  
 XL  XXL  XXXL

**Half Marathon**  
(gender specific microfiber shirt)  
**WOMENS**  XS  SM  MED  
 LG  XL  XXL

**MENS**  SM  MED  LG  
 XL  XXL

**HALF MARATHON RELAY**

**Team Captains must complete questions above, and complete information for teammates below**

**Team:**

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

Name: Relay team captain (please complete entry form above) \_\_\_\_\_

Name: Member 2	Age	Gender	T-Shirt size

**Race entry fees:**

Sorry, no refunds or transfers

	"Early Cow" Through August 31st	Sept. 1st to Sept. 28th	Sept. 29th to October 6th
<b>Half Marathon</b>	<b>\$55</b>	<b>\$65</b>	<b>\$75</b>
<b>Half Marathon Relay</b>	<b>\$75</b>	<b>\$85</b>	<b>\$95</b>
<b>5K</b>	<b>\$27</b>	<b>\$30</b>	<b>\$35</b>

If you selected the packet mail back option, add \$12 to your entry fee. Entry must be postmarked by Sept. 10.

Make check payable to "Urban Cow" and mail to:  
**Urban Cow**  
**P.O. Box 19027**  
**Sacramento, CA 95819**

**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, 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.**