



Heroes and Villains Run



Heroes and Villains 5K Run/Walk

October 22, 2016

11:00am

Vestal Coal House



First Name _____ Last Name _____

Address _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Sex: M/F: _____ Date of Birth (mm/dd/yyyy): _____ Age on Race Day: _____

Shirt Size S _____ M _____ L _____ XL _____ XXL _____ Youth Shirt (Specify Size) _____

Race Description

Certified 5K Course on the Vestal Rail Trail

Prizes for Best Superhero & Villain Costumes

Every Finisher Receives a Heroes & Villains Medal

Post-Race Refreshments to Recharge Superpowers

Entry Fees

Runner/Walker w/out shirt (ends 10/17) - \$15

Runner/Walker with shirt (ends 10/13) - \$22

Race Day Registration \$20 (no shirts available)

Race Day Registration: 10:30-11:50

Athlete's Race Release/Waiver (Must Sign)

I know running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run if unless I am medically able and properly trained, and by my signature certify that I am medically able to perform this event, am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation for any reason whatsoever. I assume all risks associated with running this event, falls, slippery roads, low temperatures, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers/carriages, roller skates or blades, animals or radio headsets are not allowed in the race and I will abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Vestal Coal House, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the sponsoring bodies. This release shall be binding on my heirs, administrators, successors, and assignors and those of the sponsoring organizations. By this release, I fully intend to discharge the said organizations from any and all injuries or losses suffered by me, while participating in and traveling to and from this event.



Registration Forms Available At:

ThemeRuns.com

Triplecitiesrunnersclub.org

Online Registration

Register Online at Eventbrite.com.

Search "Heroes and Villains Run 2016"

Participant or Parent/Guardian Signature _____

Date _____

(Parent or guardian must sign if participant is under 18 years of age)

Make Checks Payable to: Vestal Coal House & Mail to:

Vestal Coal House, P.O. Box 854, Vestal, NY 13851

More Details on Vestal Coal House Facebook Page

Questions: 607-760-8431 or vestalcoalhouse@stny.rr.com