

Sweethearts and Heroes 5K

Saturday, November 19. 10:00am, 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) _____

Entry Fees

Runner/Walker with no shirt (\$15) _____

Runner/Walker with shirt (\$22) _____

Runner/Walker TEAM no shirt (\$13/pp) _____

Runner/Walker TEAM w/ shirt (\$18/pp) _____

Team Name _____

Shirt Size _____

Register as a team or individual! There is no maximum for number of runners per team. The minimum number of runners to make up a team is two. Teams will be eligible for team awards only. If you are running as team, each team member must fill out a form and list the team name.

Live Music, Awards, Refreshments, Costume Prizes, Free Kids Run, & Special Guest Speaker!

Proceeds Benefit Scholarship Fund for Graduating Senior who Inspires Hope Against Bullying

Race Waiver (Must Sign)

Race Day Registration: 8:30am - 10:55am

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.

Please mail and make checks

payable to:

Vestal Coal House,

P.O. Box 854, Vestal, NY 13851

REGISTRATION ALSO AVAILABLE AT:

SweetHearts5K.Eventbrite.com

Or TripleCitiesRunnersClub.Org

More Info: Vestal Coal House Facebook

(Parent/Guardian Must Sign if under 18 _____ Date _____