

CHRISTMAS IN JULY 5K

Saturday, July 29, 9:00am - 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: _____

Entry Fees

Pre-Registration Runner/Walker with shirt (by 7/23) - \$25.00 _____

Pre-Registration Runner/Walker without shirt (by 7/28) - \$15.00 _____

Family Rate With Shirts (4 or more family members) (by 7/23) - \$75.00 _____

Family Rate Without Shirts (4 or more family members) (by 7/28) - \$50.00 _____

***Family Members must fill out separate registration forms**

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

Race Day : (7:30am - 8:55am) \$20 without shirt, \$25 with shirt!

Race 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.

5K Benefits the "Bandera Family

Free Christmas Dinner"

Serving Free Christmas Dinners
to the Community
For 28 years

Please Make Checks Payable to:

Vestal Coal House,

P.O. Box 854, Vestal, NY 13851

With any questions please call

607-221-3727

(Parent/Guardian Must Sign if under 18

Date