

MLK DAY 5K

REGISTRATION FORM

Sunday, January 15, 2017, 11:00am - Vestal Coal House

First Name _____ Last Name _____

Address _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Sex: M/F: _____ Date of Birth : _____ 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 (\$20) _____

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

Inspirational Quote Contest: Martin Luther King Jr.'s words inspired us and in his honor, we are having an inspirational quote contest as apart of this event. Every participant is encouraged to submit an inspirational quote and explain how this quote has inspired you.

There is no required length for your submission.

Two Contest Winners will be announced post-race and will receive \$50

Send Essays with registration or email vestalcoalhouse@stny.rr.com no later than 1/13, 12pm

Race Waiver (Must Sign)

I 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 Make Checks Payable & Mail To:
Vestal Coal House:
P.O. Box 854, Vestal, NY 13851

Questions: 607-221-3727

More Info: Vestal Coal House Facebook

(Parent/Guardian Must Sign if under 18

Date