

# The Heat Run 5K & 10K

Saturday, September 30, 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) \_\_\_\_\_

## Entry Fees

5K with shirt (ends 9/25) : \$20 \_\_\_\_\_

5K w/out shirt (ends 9/29) \_\_\_\_\_

10K with shirt (ends 9/25): \$25 \_\_\_\_\_

10K w/out shirt (ends 9/29): \$20 \_\_\_\_\_

**Race Day Registration: 9:30-10:55am (\$20 & no shirts)**

Sponsored by Mirabito Energy Products

Free Kids Run at 10:45am

Official Results and Awards. 10K & 5K start at 11:00am

### ***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.*

**Please mail and make checks**

**payable to:**

**Vestal Coal House,**

**P.O. Box 854, Vestal, NY 13851**

**With any questions, call**

**607-221-3727 or email**

**vestalcoalhouse@stny.rr.com**

**Like the Vestal Coal House on facebook!**

\_\_\_\_\_  
(Parent/Guardian Must Sign if under 18

\_\_\_\_\_  
Date