



RESOLUTION

RUN

5K RUN WALK

Registration Information

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Sex: M/F _____ DOB(mm/dd/yyyy) _____ Age on Race Day _____

Shirt Size: S ___ M ___ L ___ XL ___ XXL ___ Registration Deadline is 12/21 to guarantee a shirt.

Entry Free

Registration up to 12/21: \$25, includes shirt & post race party

Registration after 12/21: \$30, includes post race party

Race Day registration open 10:30am - 11:55am

Please make checks payable to: Vestal Coal House, P.O. Box 854, Vestal, NY 13851

Race Waiver

I know running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run 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 risk being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades, 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, and the YMCA of Broome County, 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 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.

Signature (Parent/Guardian must sign if under 18)

Date