

# MLK DAY 5K

## REGISTRATION FORM

Sunday, January 14, 2018, 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 were truly inspirational.

We are having an inspirational quote contest as apart of this event. Every participant is encouraged to submit an MLK quote and explain how this quote has meaning in your life.

**There is no required length for your submission.**

Send Essays to [vestalcoalhouse@stny.rr.com](mailto:vestalcoalhouse@stny.rr.com) no later than 1/13, 12pm

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

#### ***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