

# Synergy Pump N' Run 5K

**Sunday, November 11, Vestal Coal House, 11:00am**

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

\$25 (Includes if registered by 11/5) \_\_\_\_\_

\$20 Synergy Member (Includes shirt by 11/5) \_\_\_\_\_

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

The Pump 'n Run 5K adds a unique twist to the average fun run by measuring both strength and endurance.. Participants will have the option to take 30 seconds off their race time for each successful bench press they complete at packet pick up. Youth 12 and under and Masters 50+ will have the option to take 10 seconds off their race time for each successful wall ball pass completed in a 30 second time period.

Bench Press/Wall Ball Pass option at Participant Packet Pick-up at Synergy

- Synergy Endwell Friday November 9 - 3:00- 7:00pm
- Synergy Vestal Saturday November 10 - 8:00- 10:00am

Will you be participating in optional bench press or wall ball?  
\_\_\_\_\_



### ***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, TC Secret Superheroes, 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.*

Parent/Guardian Must Sign if under 18

Date

**Please Make Checks Payable to:  
Vestal Coal House,  
P.O. Box 854, Vestal, NY 13851**

Questions: 607-221-3727

More Info: VestalCoalHouse.com