

REGISTRATION

Please complete one form per participant.

Register online via credit card at

signmeup.com/105351

- \$30 Pre-registration with Free Shirt – by March 23
- \$30 Pre-registration – by noon on April 10
- \$35 On-site – April 12
- Free Kids 10 and under (no shirt)

 Name Female Runner
 Male Walker

Age on race day_____

Address

City, State, and Zip Code

E-mail address

(_____)_____

Phone Number

Emergency Contact Name

(_____)_____

Phone Number

Shirt Size: S M L XL XXL

Total Amount Enclosed: \$_____

Please make checks payable to: Friends of Strong

Waiver: In consideration of being permitted to participate in the Rochester River Run/Walk 5K, I hereby for myself, my heirs, and personal representatives assume any and all risks that might be associated with the event. I further waive, release, discharge, and covenant not to sue Strong Memorial Hospital, Friends of Strong, its officers, employees, sponsors, organizers, volunteers, or other representatives, or their successors, and assigns, for any and all injuries and damages of any kind whatsoever suffered as a result of taking part of the event and related activities. I also agree to the use of any photo, film, or videotape of the event for Friends of Strong business purpose.

Signature (Parent/Guardian if under 18) Date