**FLEET FEET SPORTS 5K SNOWSHOE RACE**

**Sunnycrest Park** **February 16, 2013 at 9:30 a.m.**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_ Date of Birth:\_\_\_\_\_\_\_\_ Sex:\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact (Name and Phone):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Waiver:** I know that running/walking is a potentially hazardous activity. I attest and verify that I am medically able and physically fit to participate in this training program/race. In consideration of your accepting this entry, I the undersigned intending to be legally bound, hereby for myself, executors and administrators, waive and release any and all claims I may have against Fleet Feet Sports, its employees, volunteers, Sunnycrest park, Syracuse parks; their representatives, successors and assigns for any and all injuries suffered by me during participation in said training program. I hereby grant permission to Fleet Feet Sports and any other sponsors of this program to use any record containing my likeness for any purpose whatsoever.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent (if under age 18)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pre-Registration $20, Race Day $25

Make Checks payable to Fleet Feet Sports

Send to:

Attn. Fred Joslyn

Fleet Feet Sports

5800 Bridge St.

East Syracuse, NY

13057