Team Fleet Feet
Begin to Run/Advanced 5K Program Registration

LAST NAME | FIRST NAME | MI | SEX

NUMBER AND STREET | AGE | DOB

TOWN/CITY | STATE | ZIP CODE

PHONE | EMAIL (We need your email address as this will be an essential communication tool.)

EMERGENY CONTACT NAME | PHONE

$75 REGISTRATION FEE ENCLOSED ☐ SHIRT SIZE ☐

Registration fee is non-refundable.

Please makes checks payable to: Fleet Feet Sports

DESIRED PROGRAM: BEGIN TO RUN ☐

ADVANCED 5K: DISTANCE ☐

ADVANCED 5K: SPEEDWORK ☐

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 program. In consideration of your accepting this entry, I the undersigned inteding 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, the Arc of Onondaga, Onondaga County Parks, their representatives, successors and assigns for any and all injuries suffered by me during participation in said program. I hereby grant permission to Fleet Feet Sports and any other sponsors of this program to use all information submitted in this entry, and any record containing my likeness, as well as race results including my name and competition time, for any purpose whatsoever. Minors not accepted.

SIGNATURE | DATE

Return form and registration fee to:

Fleet Feet Sports

3453 Erie Blvd. E.

DeWitt, NY 13214