



2019 Strides For Shelter - Sap Lap 5K Registration Form

First Name: _____ Last Name: _____

Address: _____ Town: _____ State: _____

Telephone: _____ Email: _____

_____ Male _____ Female Age on race day: _____ Shirt Size: _____

Event: - 5K

You can also register and pay online at: <https://racewire.com/register.php?id=10524>

I know that running and road racing are potentially hazardous activities. I will not enter and run or walk in the April, 27th 2019 Strides For Shelter / Sap Lap Road Race unless I am medically able and properly trained to do so. I agree to abide by any decision of a race official relative to any ability to safely complete the event. I assume all risks associated with participation in this event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road; and all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of you accepting my application, I, for myself, and anyone entitled to act on my behalf, waive and release the Northeast Kingdom Community Action, the Town of St. Johnsbury, all volunteers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation.

Applicant Signature: _____

Parent/Guardian signature: _____

Parent/Guardian signature: _____

(required for participants under 18)

Fees:

5K-Adult *w/shirt	\$10
5K student* w/shirt	\$8
5K student*, no shirt	\$ 5

*** Student registrations limited to age 13 and under Total Fees Submitted: \$ _____**

Please note: Incomplete or inaccurate registrations may be rejected

Shirts guaranteed if registered by April 5th

Please submitted the completed registration form and your payment to:

Northeast Kingdom Community Action

115 Lincoln Street

St. Johnsbury, VT 05819

802-748-6040