



East Avenue Grocery Run 5K

Run & Walk

1-Mile Run and Walk

Children's Fun Runs

www.groceryrun.org

REGISTRATION FORM

Complete and mail to: **East Ave Grocery Run, c/o Third Presbyterian Church, 4 Meigs St., Rochester, NY 14607**

Entry Fee Payable to: **Third Presbyterian Church**

- (check one) \$20 if postmarked by 10/30 or in person at Medved Running and Walking Outfitters by 11/4
 \$25 on race day
 \$10 1-mile run or fitness walk
 \$16 1-mile run or fitness walk **with T-shirt**
Free T-shirt for all 5K participants if your registration is received by October 20th.

Last Name _____ First Name _____ M.I. _____

Team Affiliation _____

Town/City/State _____ Zip Code _____

Email _____

(Circle one) 5K Timed Run 1-Mile Timed Run

Sex: F M Age on day of Race _____ Shirt Size (circle one) Youth: M Adult: S M L XL

I know that running a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running this event (or series) including, but not limited to, falls, contact with other participants, the effect of weather, traffic, and conditions of the road, all such risks being known and understood by me, 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 the East Avenue Grocery Run, Third Presbyterian Church, City of Rochester, County of Monroe, USATF Niagara Association, Sponsors and agencies and municipalities, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

 Signature of Runner Signature or Parent/Guardian of Runner under 18 years of age

Saturday, November 5, 2011 4 Meigs Street, Rochester NY 14607

Grocery Run 5K starting 8:15am 1-Mile Walk/Run starting 9:15am Children's Runs starting 9:30am

