



**Saturday, November 6-8, 2020**

Sponsored by:

**Wegmans and Constellation Brands**



All proceeds will go to feed the hungry people of Rochester

**ENTRY FORM ONE ENTRY PER PERSON**

\$25

**Regular Cotton Shirts come with registration**

(if registered by 10/15):

Shirt Size (circle one): **Youth:** Med. **Adult:** S M L XL XXL

**Tech shirts in Mens and Ladies sizes for an additional \$10. May run small, so please order accordingly:**

Shirt Size (circle one): **Youth:** Med. **Adult:** S M L XL XXL

Last Name \_\_\_\_\_

First Name \_\_\_\_\_ M.I. \_\_\_\_\_

Team Affiliation \_\_\_\_\_

Town/City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail Address \_\_\_\_\_

Sex \_\_\_\_\_ Age on Race Day \_\_\_\_\_



**Waiver**

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.

**Add Additional Family Members:**

Full Name \_\_\_\_\_

Sex \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Full Name \_\_\_\_\_

Sex \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Full Name \_\_\_\_\_

Sex \_\_\_\_\_ Age on Race Day \_\_\_\_\_

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