

C25K ERC Style 5K or 10K

Registration Form

Sunday, April 30th 10:45 am



FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____ CIRCLE ONE: 5K 10K

CITY/STATE/ZIP: _____

DAY PHONE: _____ EVENING PHONE: _____

EMAIL: _____

AGE AS OF MAY 1: _____ MALE: _____ FEMALE: _____

SUPER SERIES PARTICIPANT: YES or NO

PLEASE CIRCLE ONE OF THE FOLLOWING:

C25K CLASS	YOUTH UNDER 12	FITNESS MEMBER	OTHER
FREE	FREE	\$15.00	\$25.00

WAIVER OF LIABILITY:

In consideration of your acceptance of my entry, I hereby for myself, my heirs and executors waive and release any and all rights and claims for damages against the Emporia Recreation Center, race officials, volunteers, and sponsors for any injuries suffered by me in this event. I certify that I am in good physical condition to participate in a running event. I understand that race officials reserve the right to pull any competitor from this race due to any physical problem. **DISCLAIMER:** Runners may be exposed to severe weather conditions including heat, ice, sleet, snow and freezing temperatures. Footing may be hazardous if these conditions are present.

Signature: _____ Date: _____

SAFETY

The use of headphones and headsets is highly discouraged. Skateboards, roller blades, bicycles and dogs are not allowed.

START AND FINISH LOCATION

The Lee Beran Recreation Center located at 313 W. 4th will be the start and finish line location.

START TIME

10:45 AM, Sunday, April 30th 2017

WATER STATIONS

There will be water at the start line, one water station at the half way point. Light snacks and water will be provided at the finish line.

RESTROOMS

Restrooms will be located inside the Lee Beran Recreation Center.

Emporia Recreation Center

www.emporiarec.org

340-6300