

Run On! 5K Class Registration Form



NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 PHONE (HM): _____ (WK) _____ (CELL) _____
 AGE: _____ DATE OF BIRTH: _____ GENDER: _____



CURRENT EXERCISE PROGRAM: _____

LOCATION: Dallas Coppell McKinney Richardson San Antonio JCC

Note: Early Bird Dallas meets at the Jewish Community Center

Note: Early Bird Coppell meets at the Coppell store

Note: Early Bird Speed Development meets at SMU Track

WOMEN'S SHIRT SIZE: S M L XL
 MEN'S SHIRT SIZE M L XL XXL

Race entries are not included.

CHECK	CLASS	DATE	* PRICE
	Beat the Heat 101 201 Walking (circle one)	6/1 - 7/22	\$130
	Early Bird Beat the Heat 101 201 (circle one)	6/1 - 7/22	\$130
	Running 101 201 Speed Development Walking (circle one)	8/17 - 9/23	\$100
	Early Bird 101 201 Speed Development (circle one)	8/17 - 9/23	\$100
	Trot On! 5K	10/12 - 11/25	\$105
	Early Bird Trot On! 5K (Coppell Only)	10/12 - 11/25	\$105

****Note: Deduct \$10 from the price if you sign up before class start date***

WAIVER: I know that running and participating in this program is potentially hazardous. I should not enter and run in this program unless I am medically and properly trained. I agree to abide by any decision of a program official relative to my ability to safely complete this program. I assume all risks associated with running and training in this program including, but not limited to falls, contact with other participants, effects of the weather including high heat and humidity, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance off my entry, I for myself or anyone entitled to act on my behalf, waive and release RUN ON!, all sponsors, and any individual or group associated with this program from all claims and liabilities of any kind arising out of my participation in this program even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, verbal or written statements, or any other record of the program for any legitimate use.

 SIGNATURE

 DATE

For more information visit www.runontexas.com

TURN OVER TO BACK AND COMPLETE EMERGENCY CONTACT INFORMATION