

The Running of the Bears 5K Entry Form

Saturday, April 1, 2023

Sponsored by: Vestal High School Varsity Club



All proceeds to benefit: **Team Hopefull:** Working to fulfill the lives of people with Prader-Willi Syndrome and other developmental disabilities

5K Race begins and ends at: Vestal High School
205 Woodlawn Drive
Vestal, NY 13850

Race is chip timed. Refreshments & warm up space indoors

Free Kids Fun Run – ½ mile - Registration on back!!

Race day registration starts at 8:30 a.m Kids Run 9:00am Walkers 9:30 a.m. Runners 10:00 a.m.

Age Division and Overall Awards

Adult Entry fee: \$25

Student Entry fee (18 & under): \$15

Registration includes our one-of-a-kind, student designed t-shirt if received prior to 3/17/23

Registration Form (or you may register online)

First Name _____ Last Name _____

Address _____ City _____ State _____ Zip _____

Email _____ Phone _____

Gender ☐ Male ☐ Female

Age on race day (4/1/23) _____

Emergency contact: Name _____ Phone _____

Please choose one:

____ Adult 5K run (\$25) ____ Adult 5K walk (\$25)

____ Student 5K run/ (\$15) ____ Student 5K walk (\$15)

To receive our unique, student-designed race t-shirt, your pre-registration must be received prior to 3/17/23

Please Circle shirt size: **Adult:** S M L XL XXL XXXL **Youth:** S M L

Please make checks payable to:

Vestal Varsity Club

Mail to:

Vestal High School
205 Woodlawn Drive
Vestal, NY 13850
Attn: Sue Darpino

Please sign waiver on back.

Kids ½ Mile Fun Run Registration (Free entry. Prizes for all participants. Does not include t-shirt)

First Name _____ Last Name _____ Age _____

Parent/Guardian/Emergency Contact: Name _____ Phone _____

Email _____

Waiver and Release of Liability - All Runners and Walkers

I, _____, am a willing participant in The Running of the Bears 5K in support of Team Hopefull, Inc. and the patients, family members and the medical and research community it supports.

As part of this event I agree to assume all risks and to release and hold harmless Team Hopefull, its officers, employees, agents, sponsors, officials and volunteers, including event leaders. I agree to release and hold harmless Vestal Central School District, its officers, employees, agents, sponsors, officials and volunteers, including event leaders.

I intend by this Waiver and Release to release, in advance, and to waive my rights and discharge all of the persons and entities mentioned above, from any and all claims for damages for death, personal injury or property damage which I may have, or which may hereafter occur to me as a result of my participation in the event. I understand and agree that this Waiver and Release is binding on my heirs and legal representatives.

I understand that I am solely responsible for my health and safety, and I acknowledge that I am physically capable of participating in and completing this event. For safety reasons, no animals, bicycles, skateboards or skates are allowed on the course during the race.

I hereby agree to allow Team Hopefull, Inc. and Vestal Central Schools the use of my name and likeness (event photos, videos) for any purpose related to advertising or promotion of the event without obligation or liability to me.

I have carefully read this Waiver and Release and fully understand its contents. If I am under the age of 18 years of age at the time of registration, my parent or legal guardian has completely reviewed this Waiver and Release, understands and consents to its terms, and authorizes my participation by his/her signature below. I am aware that this is a RELEASE OF LIABILITY and a contract between me and the persons and entities mentioned above, and I sign of my own free will.

Signature: _____ Date: _____

Printed Name: _____

Parent/Guardian Signature (if under 18) _____ Date: _____

Printed Name: _____

Please return this completed waiver with the registration form and payment to:

**Vestal Varsity Club
Vestal High School
205 Woodlawn Drive
Vestal, NY 13850
Attn: Sue Darpino**