



Name (First)	Last	EMAIL (must provide)	<input type="checkbox"/> FEMALE <input type="checkbox"/> MALE
Address	Apt:#/Suite		
City	State	Zip or Post	

Emergency Phone(Day)	(Phone)
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Make Checks Payable To: Mount Dora Runners
 Mount Dora Road Runners
 301 N Baker St #101
 Mount Dora, FL 32757

Shirt Size S M L XL XXL
 Youth Sizes S M

Date of Birth	Age on Race Day
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There will be no refunds through online or paper registrations.

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED. In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release all rights and claims for damages which may have or which may hereinafter accrue to me against City of Mount Dora, Mount Dora Runners, Flaco Sports LLC, Mount Dora Fit, On the Run Fitness, 5K Race Director, Run 4 a Cause, and the Sponsors of the event which I am entering, any subsidiary or political division thereof, of their respective officers, agents, directors, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the Race for the Gold 5K as is mentioned above. If I should suffer injury or illness, I authorize officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for these actions. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. Bicycles, babystrollers/joggers, dogs, inline/roller skates, are prohibited. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature of Athlete	Parent/Guardian Signature if athlete is under 18	Date
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