



CAPITAL EXPO FESTIVAL, INC.
7TH ANNUAL FUNNEL CAKE 5K
 JUNE 1, 2019 AT 8:30 A.M.
 DOWNTOWN FRANKFORT, KENTUCKY
 7th Race of the Frankfort Striders Series



Online registration @ <https://runsignup.com/Race/KY/Frankfort/FunnelCake5k>

Name: _____ Date of Birth: _____ Age on Race Day: _____ M _____ F _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Event: Funnel Cake 5K _____ Funnel Cake 5K Virtual Run/Walk _____

Age Division: ☐ 0-4 ☐ 5-9 ☐ 10-14 ☐ 15-19

☐ 20-24 ☐ 25-29 ☐ 30-34 ☐ 35-39

☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59

☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-79

☐ 80+ ☐ Wheelchair Division

Shirts

Adult:

Small _____ Medium _____ Large _____

XL _____ XXL _____

Youth:

Large _____

Race fee- _____ \$22 through May 15th; _____ \$27 May 16-June 1st

Online Registration: <https://runsignup.com/Race/KY/Frankfort/FunnelCake5k>

_____ I am signing up as part of the Frankfort Run/Walk Series.

Total Payment Enclosed _____ Check/Cash, THANK YOU!

Mail entry form with Check (made out to the Capital Expo) to: Becky Cottongim, Capital Expo Festival, Inc., Funnel Cake 5k, 626 Millie Drive, Frankfort KY 40601

For more information, please email capitalexpo.funnelcake5k@gmail.com

===== **Release of Responsibility** =====

I know that running and volunteering to work in races are potentially hazardous activities. I should not enter the Capital Expo Festival Funnel Cake 5k unless I am medically able and properly trained. I understand that my entry fee is non-refundable. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I certify that I have full knowledge of the risks involved in participating in this event. I also release the publishing rights of photographs taken of me during the race. In consideration of accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, my executors and administrators, do waive and release forever, any and all rights and claims for damages I may accrue against Capital Expo Festival, its agencies and the employees and agents of both, involved with promoting and/or staging the race for any and all injuries suffered by me while traveling to and from and while participating in running mentoring sessions and/or the Capital Expo Festival Funnel Cake 5K Run/Walk or 5K race competition on June 1, 2019. I further state that I am in proper physical condition to participate in this event. I also release publication rights to photographs of me shot during the Run/Walk or 5K Race events for purposes of publicity for this and future events.

Name (print) _____ Signature _____ Date: _____

If under 18, signature of Parent/Guardian: _____