

Online Registration available at https://runsignup.com/Race/PA/SouthWilliamsport/StridesforLives5K

PROCEEDS BENEFIT

Elijah Follmer & Family						
Please detach and mail to: Integrity Racing – 2316 Route 220 Muncy Valley, PA 17758 Make check payable to: Integrity Racing						
	Division: 5K Run	5K	Walk	I	_	
Print Name:	Age on Race Day:	Gender: M		F		
Address:	Shirt Size: YOUTH – S	Μ	L	XL		
	ADULT – S	М	L	XL	2XL	

SHIRT GUARANTEED UNTIL JULY 14TH

Release and Acknowledgement

In consideration of the acceptance of my entry, and intending to be legally bound, I hereby, for myself, my heirs, my executors and administrators, do waive, release, and discharge all rights and claims which I may have, or which hereafter accrue to me, against Integrity Racing LLC, the City of South Williamsport, all named and unnamed sponsors and volunteers, while traveling to and from the event, participating in the event, using any and all the facilities, for any and all injuries suffered by me at this event. I understand that my part in this event can result in injury to myself and my property. I hereby attest and affirm that I am medically able, equipped, and properly trained for this event.

Signature:	Date:	
Parent Signature (if participant is under 18):		Date:
	_	Hosted By
		NTEGRITY <i>RACING</i> #