

# Rosa's Benefit 5k Run

## 2019 Registration Form

This benefit race will be held on **September 15<sup>th</sup>, 2019**, starting and ending at the Rehab & Fitness parking lot in Skowhegan Maine (46 Fairview Ave.) **This event is not an RFGH sponsored event! This event is put on by her former co-workers and friends.** The funds raised will be donated to the RFGH oncology department to be issued through gift cards to assist patients with gas, prescription co-pays, adaptive equipment not covered by insurance, heating oil and such; in remembrance of Rosa McGrail who lost her battle with lung cancer in 2018.

This registration is for those wanting to walk or run in this event. \* Dogs are not allowed! \* Included in the **\$25 non refundable Fee** is a cancer support T-shirt to those **preregistered by July 31<sup>st</sup>, 2019.** **This is a Rain or Shine event.** Children 11 and under are welcome to participate however must be accompanied with a running/walking adult. Registrations and Fee will be required for children 12 and over. The Parent or guardian must stay at start/finish line if your child is under the age of 16 and you are not participating in the event.

\*If you choose to register the day of the event there will not be a T-shirt included with the registration fee\*

**Day of race sign in starts 9:00am Race to begin at 10:00am**

Submit completed registration form & payment to:

Carrie Miller c/o Rosa's 5k Run  
219 Dore Hill Road  
Athens, Maine 04912

<b>STAFF USE</b>
RACE #: _____
PAID: _____

Make checks Payable to: Carrie Miller, please include "Rosa's 5k" in memo

## 5K Run Sign Up form

Name (please print) \_\_\_\_\_ Gender: Male / Female

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_ Age \_\_\_\_\_ D.O.B \_\_\_\_\_

Do you plan to (circle one) RUN or WALK? T-shirt Size \_\_\_\_\_

I know that running a trail/road race is a potentially hazardous activity and involves risks and dangers of serious bodily injury including permanent disability, paralysis, and death. I should not participate unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event and understand this activity involves risks and dangers including, but not limited to: traveling over public roads with other vehicles, pedestrians, and bicycles, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the trails/roads, all such risks being known and accepted by me. Having read this waiver and know these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release RFGH, City or Town officials, race directors, other participants, and all sponsors, their agents, employees, directors, volunteers, directors, and successors for all claims, demands, damages, or liabilities of any kind, in whole or in part from the negligence of one of the named releases, arising out of my participation in this event.

Signature of Runner: \_\_\_\_\_

Signature of Parent/Guardian (if under the age of 18) \_\_\_\_\_