Rondo Avenue, Incorporated

1360 University Avenue - #140 | Saint Paul, MN 55104

Phone: 651.315.7676 | www.RondoAvenueInc.org

2016 Frank Adams 5K Walk & Run Registration

- The Frank Adams 5K Walk & Run is on Saturday, July 16th. Registration is at 8:00AM and the walk/run begins promptly at 8:30AM. Please complete all lines to the best of your ability.
- **Deadline for submission is July 10, 2015**. You can register up to the day of the event but a late entry fee of $25 will be required. The corner of Marshall & Kent (near MLK/Hallie Q. Brown) will be the starting point for the 5K Walk/Run.
- Please make your Checks Payable to: **Rondo Avenue, Inc.**
- Mail completed application Rondo Avenue, Inc., **1360 University Avenue, PO Box #140, Saint Paul, MN 55104**
- If you have questions, please contact Henry Combs at 651-263-1136

First & Last Name:

Address:

City: State: Zip:

Day Phone: Eve. Phone:

E-mail: Fax

Type of entry: ☐ $10.00 Youth ☐ $20.00 Adult ☐ $25.00 Late Registration

T-Shirt Size ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large

Check Age: ☐ 19 Under ☐ 20-29 ☐ 30-39 ☐ 40-49 ☐ 50+

LIABILITY WAIVER: On behalf of myself and any other person(s) upon whose behalf this form is now signed, I expressly understand and agree that neither the sponsors or promoters of the Frank Adams 5K Walk & Run and their officers, agents, volunteers, assistants, or employees shall be held responsible nor subject to any claim seeking to assess damages or establish liability for or arising from personal injury, property damage, loss of any other sort as a result of actual or proposed participation in the event or club for which I am now registering, and hereby agree to indemnify and hold the sponsors or promoters, their officers, agents, volunteers, assistants or employees harmless on account of any such personal injury or property damage of loss as aforesaid. I have been warned I must be in good health to practice in this event.

PERMISSION TO USE PHOTOGRAPHS: On behalf of myself and any other person(s) upon whose behalf this form is now signed, I hereby grant full and unrestricted permission to the sponsors and promoters for the Frank Adams 5K Walk & Run, the use of my name and picture in any broadcast, telecast or print media account of this event.

Upon my signature hereon, I acknowledge that I have read and understand this liability waiver and permission to use photographs, and have freely and voluntarily signed this document on the date hereinafter set forth.

Signature: Date:

Signature Parent or Guardian If under the age of 18: Date: