



5K FOR Frankford Foundation



Building a Better Doghouse !!

Walkers, Strollers and pets welcome !!

NJ Non-Profit 501(c)(3) Corporation
SATURDAY, JULY 30, 2011

Run / Walk registration begins at 6:30 am ; Race begins at 8 am
(Frankford Park) 314 Wantage Avenue, Branchville 07826

Last Name _____ First Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ E-mail _____
 Race Day Age _____ Gender M ___ F ___
 T-Shirt Size S M L XL (while supplies last)
 Residence in Branchville Frankford Other _____
 Running Club Yes No Club Name _____
 Emergency Contact _____ Phone _____
 FEE: \$20 early registration by July 15th; \$25 through race day \$ _____
 Bib # _____ 2011 USATF-NJ # _____

USATF-NJ Members receive a \$2.00 discount through July 20th

Mail to: Frankford Foundation
32 Mattison Avenue
Branchville, NJ 07826

For Contact information - FrankfordFoundation.org (973) 948-6590

REGISTER ONLINE AT WWW.RACEFORUM.COM/FRANKFORD5K

Notice of Risk & Liability Release: I hereby give permission for my child(ren)/self to participate in the 5K run/walk. I recognize, understand and acknowledge that, as in all activities, there is always the inherent risk of injury up to and including death. I certify, to the best of my knowledge, that the current physical condition of my child(ren)/self is satisfactory for participation, that the above free of any health problems which would jeopardize participation, that I will notify the staff immediately should the above condition change at any time during participation in the race and that, upon request, I will furnish proof of current physical examination. The volunteers and sponsors have my permission to have a physician and /or emergency medical service treat and /or transport my child(ren)/self, if needed, at any time during the event. In consideration of participation by my child(ren)/self in the 5K run/walk on the registration form, I, the under-signed, do hereby agree to hold harmless and indemnify the Frankford Foundation, it's volunteers against any claims for and on account of any and all injuries sustained by my child(ren)/self as a result of participation in the above –mentioned event. The volunteers and /or sponsors have my permission to photograph my child(ren)/self. I understand that these photographs may be used in the future promotional brochures, flyers or news releases.

I have read and understand the Notice of Risk and Liability Release.

Signature/ Parent or Guardian if under 18(yrs) : _____

Date received _____ amount received _____ check no. _____ by _____

Put your PAWS to the pavement for Brutus and our Kids !