



Ridgefield's 4th of July Run

Race #

Circle the distance you choose to run: **5K** or **10K**

| | |
|------------------------|---|
| Name | |
| Street Address | |
| City | |
| State | |
| ZIP Code | |
| Gender | Male <input type="checkbox"/> Female <input type="checkbox"/> |
| Birth Date | |
| Age | |
| E-Mail or Phone | |

T-Shirt: Yes or No

Size: Small Medium Large

PRIOR TO DAY OF RACE (Add \$5 for Day of Race):

| | |
|-------------------|------|
| 10K without shirt | \$30 |
| 10K with shirt | \$40 |
| 5K without shirt | \$20 |
| 5K with shirt | \$30 |

Please make check payable to: **Ridgefield Runners**

Waiver and Release: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am physically fit, medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Ridgefield Runners, all sponsors, advertisers, their representatives, and successors, their officers, directors, agents, and employees and volunteers from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

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|--------------------------------------|
| Signature (parent, if under age 18): |
| Date: |