Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

DOB (mm/dd/yyyy) _____ Age _____ Sex (M/F) _____

Event (Check One):

❑ 5K Race ❑ 1 Mile Fun Walk

T-Shirt Size (Check One):

❑ Small ❑ Medium ❑ Large ❑ XLarge

All runners who register by 9/29/2008 will receive a race T-shirt; all other runners will receive a T-shirt on a first-come, first-served basis.

For 5K Participants:

Estimated Time _____

USATF # (optional) _____

Checks or money orders payable to:

Friends and Neighbors in Action
300 Rike Drive, Suite A
Millstone Twp, NJ 08535

Entry Fees for 5K $20 on or before 9/29/08
$25 after 9/29/08 and day of race

Entry Fees for 1 Mile Fun Walk $15

Donation Amount: _____

ACKNOWLEDGEMENT, WAIVER AND GENERAL RELEASE

I understand that participation in a road race is potentially hazardous and that I should not enter and run or walk unless I am physically able and properly trained. I further understand that, although police protection is provided, there may be traffic on the course route. I nevertheless assume any and all risks associated with participation in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, and conditions of the road, and the risk of running or walking in traffic, all such possible risks being known and appreciated by me.

Knowing these facts, and in consideration of your acceptance of my entry fee, I HEREBY COVENANT NOT TO SUE, AND FURTHER WAIVE, RELEASE, AND DISCHARGE ANY PERSON AND/OR ORGANIZATION ASSOCIATED WITH THE RACE FROM ANY AND ALL CLAIMS TO LIABILITY FOR DEATH, PERSONAL INJURY, OR PROPERTY DAMAGE OF ANY KIND OR NATURE, WHATSOEVER ARISING OUT OF, OR IN THE COURSE OF, MY PARTICIPATION IN THIS EVENT.

This release and waiver extends to my heirs, executors, administrators or anyone else who might claim on my behalf, for all claims of every kind or nature, whatsoever, foreseen or unforeseen, known or unknown, and applies to Friends and Neighbors in Action Inc., its members and any other affiliated charitable organization, the local government and police, race directors, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting for or on their behalf.

I further release all rights to, and grant full permission to Friends and Neighbors in Action Inc. and any affiliated organization conducting or assisting with the race, and/or agents authorized by them, to use and publish any photographs, videotape, motion pictures, recordings, or any other record of me in connection with this event for any purpose.

I have read the foregoing and certify my agreement by signature:

_____
Signature (Parent/Guardian signature if under 18)

_____
Date

Mail entry forms to:
Friends and Neighbors in Action, 300 Rike Drive, Suite A, Millstone Twp, NJ 08535
Or Register online at: www.FNA5K.com