



2020 Frederick Women's Distance Festival Registration Form

Return Form to:

Frederick Steeplechasers Running Club
PO Box 681
Frederick, MD 21705

(mail-in registrations must be received by July 27)

Sign up for:

- | | |
|---|---------|
| <input type="checkbox"/> 5k Run/Walk by March 31 | \$20.00 |
| <input type="checkbox"/> 5k Run/Walk by May 31 | \$25.00 |
| <input type="checkbox"/> 5k Run/Walk June 1 – July 27 | \$30.00 |
| <input type="checkbox"/> Little Women 1k Fun Run | \$10.00 |

TOTAL (checks payable to FSRC) \$ _____

Registration Information:

Name

Address

City/State/Zip

Email

Age on Race Day

Birthdate

Shirt Size: (Adult XS-2XL for 5k, Youth XS-L for Fun Run)

☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ 2XL

Team Information (if registering as a team):

Team Name

Team Type (Family, Corporate/Group)

WAIVER:

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, animals, and personal music players are not allowed in the 5k race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Frederick Steeplechasers Running Club, Frederick Community College, the city of Frederick, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that there are no refunds and bib transfer is not permitted. I understand that I may receive emails about this race and other races promoted by the Frederick Steeplechasers Running Club.

Signature (runner or parent/guardian)

Date