

*The 7th Annual
Frank J. Romano Foundation
Rock & Run 5K*

**October 22, 2016 * 10AM
Goshen Central High School**



Join us on Saturday, October 22nd for a beautiful fall run that raises money for cancer prevention research and scholarships for students who plan careers in public service.

Event: 5K Run and 1-mile Fun Walk

Location: Goshen High School, 222 Scotchtown Avenue, Goshen, NY 10924

Entry fee: \$25 (\$5 extra on race day)

Start time: 10AM (registration starts at 8:30 AM)

Registration fee includes breakfast; access to the Wellness Fair, post-race running clinic, and children's activities (including Kids' Fun Run, bounce house, and face painting); and a custom-designed t-shirt for all participants who register by 10/7/16 (sorry, t-shirts can't be guaranteed after this date).

Please mail the registration form below to: **The FJR Foundation's Rock & Run 5K, P.O. Box 305, Central Valley, NY 10917. DO NOT SEND CASH.** Make checks payable to the **Frank J. Romano Foundation.** Mail-in registration forms must be received by 10/19/16 or register online at www.fjrfoundation.org.

WE NEED YOU!

Help us raise more money than ever for cancer prevention research! Join our "Who Will You Run For?" campaign and tie your participation to a loved one who has faced or is currently facing a cancer diagnosis. Raise \$250 or more and you can have a 2'x3' photo of your loved one - like the ones on the right -- placed right on the race course! For more details on how to participate, please visit our website.

www.fjrfoundation.org



Questions? Contact us via email at info@fjrfoundation.org or visit our website for more information.

-----✂ CUT HERE AND RETURN SECTION BELOW WITH PAYMENT ✂-----

Name: _____

Address: _____

Phone: _____

Email: _____

Date of Birth: _____ **Age as of 10/22/16:** _____

Please circle: **Sex:** M/F ♦ **Runner or Walker** ♦ **T-shirt size:** S M L XL **Coupon code:** _____

Please read and sign the following waiver:

I know that running is a 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, am in good health, and 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 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 road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, strollers, animals, and headsets are not allowed in the race and I will abide by this guideline. 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 Frank J. Romano Foundation, Goshen High School, the Town and Village of Goshen, all chairpersons, race volunteers, sponsors, their employees, representatives & 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. Further, I grant to all foregoing, the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature _____

Date _____

*****Please note: if participant is under 18 years of age, a parent/guardian must also sign.*****