

2012 Beat the Heat 5K Race and 1 Mile Run/Walk Application


Complete and return to: TCTC - Beat the Heat Race, PO Box 692, Winston-Salem, NC 27102
Mail-in registration MUST be received by the Wednesday prior to the race.

I am entering the: **1 Mile Fun Run/Walk** (\$5 thru race day; add \$5 with t-shirt)
 5K Race (\$25 thru July 11th; \$30 thru July 20; \$35 on race day)
Is this your first ever 5K race? **Yes** **No**

Name: First _____ MI _____ Last _____
Address _____ City _____ State _____ Zip _____
Birthdate (MM/DD/YYYY) _____ Sex **M** **F** Age Race Day _____ T-shirt size **S** **M** **L** **XL**
E-mail Address _____ Telephone (____) _____ - _____ I am Enclosing \$ _____
Emergency Contact (Name and Phone) _____ TCTC Member: **Yes** **No**
NC/USATF Membership # _____ (only necessary if you wish to participate in the NC/USATF 5K Championship Award)

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to complete the event. I agree to abide by any decision of a race official relative to my ability to safely complete this run. I assume all risks associated with running in this race, including, but not limited to falls, contact with other participants, the effects of weather including high heat and humidity, traffic, and the conditions of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the race organizer, Twin City Track Club, Inc., all other sponsors and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I understand that headphones, baby joggers or strollers, roller skates and dogs are not allowed in this race/run.

Applicant Signature _____ Date _____ Parent/Guardian Signature if under 18 _____

----- use separate application for each entrant --- clip and send in --- may be photocopied ----- 

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