

# Thanksgiving Calorie Burn 5K Fun Run/Walk

Sunday, Nov. 28, 2021 **10:00 am**; **Location:** Beacon Light Tabernacle  
Church Trail-1568 Route 9D, Wappingers Falls, NY 12590

## Race Information

- ✓ All participants arrive by 9:00 am
- ✓ Things you should include are:
- ✓ Entrée fee: \$10 cash or check    \_\_\_check    \_\_\_cash
- ✓ **Medals to all finishers!!**
- ✓ Loop course-honor system used to keep track of laps

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_, State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone number: \_\_\_\_\_ age \_\_\_\_\_ Birthday \_\_\_\_\_

## **Waiver**

Please review the following waiver and disclaimer. By adding your signature, you accept this waiver and disclaimer on behalf of yourself and other runners in this registration form. Waiver and Release: By participating in this Event, I know that running can be a hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running, including, but not limited to, falls, weather conditions including high heat and/or humidity, contact with other participants, the rugged condition of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release Beacon Light Tabernacle, Northeastern Conference, their affiliates and all event partners, sponsors and volunteers, their representatives and employees and successors from all claims or liability of any kind arising out of my participation in this race even that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all the foregoing to use any photographs, motion pictures, or other record of this event for any legitimate purpose without compensation to me. For safety reasons, I agree not to participate with any of the following: wheelchairs, strollers, baby joggers, skates, pets, or headsets. I understand that there are no refunds should severe weather cancel event. The 5K Run/Walk will be conducted either rain or shine. I understand that the entry fee is non-refundable and non-transferable.

Agree(X)\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_