

Name: _____
 Address: _____
 Phone: _____
 Email: _____

Date of Birth: _____ Age: _____
 Please circle: Sex: M/F ♦ T-shirt size: S M L XL
 No T-Shirt

The 3rd Annual
Frank J. Romano Foundation
Rock & Run
 October 20, 2012 * 10AM
 Goshen Central High School
 Goshen, NY
 www.fjrfoundation.org



I will participate and would like a t-shirt. \$25 by 10/12/12 or \$30 after.

I will participate and would *not* like a t-shirt. \$15 by 10/12/12 or \$20 after.

I will not be able to participate, but please accept these donations.



SPONSORSHIP FORM

Raise \$25 and your t-shirt & registration fee are covered!



	Sponsor Name	Sponsor Address	Amount Raised
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
		TOTAL:	

Please mail all registration forms with monies to **P.O. Box 305, Central Valley, NY 10917** c/o Amy Byers. Please **DO NOT SEND CASH**. Make checks payable to the **Frank J. Romano Foundation**. Deadline for pre registration will be 10/12/12. Questions? Contact us via email at info@fjrfoundation.org or review the FAQ on our website.

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.