

Rolla Seize the Day 5k Run/Walk

May 4th, 2019 at 9:00 a.m.

Veterans Memorial Park

2019 PAPER REGISTRATION FORM

ENTRY: Photocopies okay. **Entries must be received prior to April 19th to guarantee your t-shirt size.**

MAIL: Phelps County: VFW Post 2025, 15035 US Hwy 63, Rolla, MO 65401

Dent County: VFW Post 6280, ATTN: Seize the Day 5K, P.O. Box 734, Salem, MO 65560

FIRST NAME _____ LAST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

DAY PHONE _____ - _____ - _____ OR CELL _____ - _____ - _____

EMAIL ADDRESS _____

T-SHIRT SIZE: ADULT (UNISEX): SMALL _____ MEDIUM _____ LARGE _____ X-LARGE _____ 2XL _____

CHILD SIZE: SMALL _____ MEDIUM _____ LARGE _____

ENTRY FEES

Adult _____ (\$30) Child (15 and under) _____ (\$15) Family (2 adults/2children) _____ (\$90)

Team (4 adults) _____ \$100

**For Family or Team Registrations, include additional team member names below and shirt sizes above.*

Team Member 2: _____

Team Member 3: _____

Team Member 4: _____

TOTAL AMOUNT ENCLOSED \$ _____ (CHECKS PAYABLE TO: VFW POST 6280 **or** VFW Post 2025)

All profits from the Rolla Seize the Day 5k Run/Walk entry fees go to the Epilepsy Foundation of Missouri and Kansas. Sponsors can mail a check to the above VFW Posts or go online to donate to the event.

WAIVER: I hereby waive all claims against the Epilepsy Foundation of MO & KS, Veterans Memorial Park, VFW Posts 6280 and 2025, Jack's Warriors, Sky Granny, sponsors, organizers or any individual employed by or acting on behalf of the foregoing, as well as any organizations or other entities that permit participants access to their premises, for any injury I/We might suffer in this event. I attest that I/We am/are physically fit and prepared for this event. I understand the entry fee is non-transferable and non-refundable. I grant full permission for organizers to use photographs of me (us) and quotations from me (us) in legitimate accounts and promotions of this event.

Signature* _____ DATE _____

**Signature of participant or signature of parent/guardian if under 18 years of age*