18th Annual Tour de Potsdam Wellness 5K Walk/Run Registration Form

Please complete form. Adults registering THEIR minor children may include them on this form.

Registration: $15 per racer (check/money order payable to *St. Lawrence County Community Development Program. Send application and payment to 1 Commerce Lane Canton, NY 13617. Cash accepted at the event.*)

Children under 12 free with at least one registered adult.

Name (please print): _____ **E-mail** _____

Age on 7/11/19 _____ **Gender: Male Female Division: 5K Walk 5K Run T-Shirt Size S M L XL**

Minor Children

Name (please print)	Age on 7/11/19	Gender		Division		T Shirt Size (unisex)			
_____	_____	Female	Male	5K Walk	5K Run	S	M	L	XL
_____	_____	Female	Male	5K Walk	5K Run	S	M	L	XL
_____	_____	Female	Male	5K Walk	5K Run	S	M	L	XL
_____	_____	Female	Male	5K Walk	5K Run	S	M	L	XL

Signature: _____ **Date:**_____

Parental Signature (if applicant is under 18): _____

Waiver: I know that running or walking is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision a race official relating to my safety and/or ability to safely complete the walk/run. I assume all the risks associated with walking/running in this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and conditions of the roads, all these risks being known to me and appreciated by me. Having read the preceding and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Village of Potsdam, the Potsdam Chamber of Commerce, St. Lawrence County Community Development Program, Inc. (CDP) and the organizers, workers and all sponsors, their representatives and 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 and described in this waiver.

Photo Release: I hereby irrevocably consent to and authorize the use and reproduction by St. Lawrence County Community Development Program, Inc. (CDP) or anyone authorized by them, of any and all photographs, video, or films which you have this day, the 12th of July 2018, taken of me, my child or my property for the said purpose of agency publicity. I understand there will be no compensation from any source for the use of any photographs, videos, or films taken of me, or my property.