



Tee shirt size: Youth[M \_\_\_\_ Large \_\_\_\_] Adult[S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ XXL \_\_\_\_]

*\*T-shirts will only be available on race day while supplies last.*

**X** \_\_\_\_\_

Signature

**X** \_\_\_\_\_

Parent/Guardian (if under 18)

**Waiver and Release:** I recognize that participation in this event may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement including but not limited to falls, contact with participants, effects of weather, road and traffic conditions, these risks being unknown and appreciated by me. Having read this waiver release and considering the acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release Frankfort High School, Queen City Striders, Road Runners Club of America, all sponsors and hosts and their representatives and successors from any claim of liability arising from my involvement in this event. I do hereby consent to the use of my name and/or photograph in connection with publicity about the race.