



Race Entry Form

As part of the Allendale Fall Festival, the Allendale Rotary is excited to bring you the 2nd Annual Foam Dash 5K!! Tons of fun for the whole family! Timed Cross Country Course! Strollers welcome.

Proceeds to benefit the many efforts that the Allendale Rotary brings to the Allendale Community throughout the year.

Name: _____

Address: _____

Email: _____ Phone Number: _____

Gender: Male _____ Female _____ Birthdate: _____ Age: _____

Tee shirt size: (Circle One) YS YM YL AS AM AL AXL AXXXL Additional tee shirt **\$12** Size: _____

Race Fee: \$30 Before August 15, 2019 \$45 After August 15, 2019 Includes tee shirt, race bag and metal.

Registration after September 1, 2019 is not guaranteed a tee shirt.

Children under 3 are free. Does not include tee shirt or metal. Tee shirts can be purchased separately.

Mail check and entry form to: **Rotary of Allendale**
PO Box 110
Allendale, MI 49401

Questions: rotaryofallendale@gmail.com

Packet pick up at Rotary Foam Dash Expo on Friday September 20th (6pm to 8pm) at Allendale Township Park 11069 68th Avenue, Allendale

Race Time: 8am (Stroller start time 8:10am) at Allendale High School Athletic Stadium 10760 68th Avenue, Allendale

WAIVER:

I know that participation in this event is a potentially hazardous activity. I will not enter or participate unless I am medically able and properly trained. I agree to abide by any decision of any race official as to my ability to safely complete the event. I assume all risks associated with this event, including but not limited to falls, contact with other racers, effects of weather including heat and humidity. All such risks to be 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 The Rotary Club of Allendale, Allendale Fall Festival, Allendale Public Schools, race officials, volunteers and all event sponsors from all claims or liabilities of any kind arising from my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes. I know that dogs, inline skates and bicycles are not permitted on this race course.

Signature of athlete: _____ Date: _____

Signature of parent or guardian if athlete is under 18: _____