

**REGISTER ONLINE: [www.FortHamerBridgeRun.com](http://www.FortHamerBridgeRun.com)**

OR FILL OUT THE FORM BELOW. PLEASE PRINT CLEARLY. PLEASE COMPLETE ENTIRE FORM.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Birthday (MM/DD/YYYY): \_\_\_\_\_ Age on Raceday: \_\_\_\_\_  Female

Male

E-Mail: \_\_\_\_\_ Club Name: \_\_\_\_\_

**Shirt Size (circle one):** WXS WS WM WL WXL Unisex: S M L XL XXL XXXL Kids S Kids M Kids L

**General Waiver and Release of Liability Agreement**

I hereby certify the following: (1) I am physically fit and have received medical clearance to participate in the Ft. Hamer 5K/10K/5K Walk/Kids' races. (2) In consideration for my application to participate in the Ft. Hamer 5K/10K/5K Walk/Kids' races being accepted, I, on behalf of myself, my heirs and assigns, and my estate, hereby wave and forever discharge the sponsors, organizers, affiliates, as well as their agents and employees from any and all claims that may accrue from my participation. (3) I hereby grant the Parrish YMCA, Parrish Foundation, Manatee County Youth Rowing specific permission to reproduce, circulate, copyright, or otherwise use and all photographs and/or video tape of me and/or my family, taken at the Ft Hamer 5K/10K/5K Walk/Kids' races for use by the Parrish YMCA, Parrish Foundation, Manatee County Youth Rowing and Fit2Run.

Signature of runner or walker (parent or guardian signature if under 18) \_\_\_\_\_ Date \_\_\_\_\_

This is a fund-raiser, therefore, we cannot offer refunds, however, we will mail shirts and awards prepaid that are not claimed.

**For More Information Call (941) 932-6147**

**METHOD OF PAYMENT**

Make check or money order payable to: **FHBR c/o Parrish YMCA**

If you have not registered online, drop off at any YMCA location or Fit2Run (UTC Mall), fax to (941) 723-7792 or mail to: **Parrish YMCA, Attn: Jamie Rusnak**  
12214 US Highway 301 N, Parrish, FL 34219

**FEES**

5K/10K runner \$5 discount includes club Fit2Run, YMCA members, MTC, BRC, LWRRRC, SPRR. Must be mailed or submitted at Fit2Run or any Manatee YMCA.

5K (Before 8/1) \$35 (After 8/1) \$40

10K (Before 8/1) \$40 (After 8/1) \$45

5K Walk \$35

Kids' River Dash \$11 (children 12 and under registered for the 5K/10K can run the Kids' River Dashes for free)

Check Amount enclosed \$ \_\_\_\_\_

Please charge my credit card  AmEx  VISA  Mastercard

Exp. Date (MM/YYYY) \_\_\_\_\_ Code \_\_\_\_\_

Card Number \_\_\_\_\_

Signature \_\_\_\_\_

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