



ZNS Fun Run/Walk Entry Form

In conjunction with The Grand Bahama Red Cross

Proceeds to aid G.B. Red Cross Hurricane Preparedness and Haiti Relief Efforts

Registration Cost: \$10.00

Saturday, March 27, 2010

Race Starts at 6:30 a.m. at ZNS, East Mall

**Race Packet pick-up Friday, March 26, 5:00—7:30 p.m. at
Government Complex Foyer**



Name: _____

First Name

Last Name

Date of Birth: ____/____/____ Age: ____ (on race day)

Day

Month

Year

Sex: Male ____ Female ____ Telephone: _____

Address: _____

Email Address: _____

Check Appropriate Category

☐ **Runner** Age: 15 and under ☐ 16—39 ☐ 40—54 ☐ 55 and over ☐

☐ **Walker** Age: 25—39 ☐ 40—49 ☐ 50 and over ☐

****Prior to any physical activity, we strongly suggest you consult your physician.***

I assume all risks associated with the ZNS Fun Run/Walk including, but not limited to, falls, contact with other participants, the effect of the weather, including extreme heat, extreme cold, and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release ZNS and all sponsors, their representatives and successor from all claims and liabilities of any kind arising out of my participation in the ZNS Fun Run/Walk even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I am aware that the registration fee is non-refundable. I am also aware that the course will open to traffic and that headphones, jogging strollers, bikes, inline skates and similar items accompanying entrants are not permitted on the course.

Signature: _____ Date: _____

Parent's Signature (if under 18): _____ Date: _____