



REGISTRATION FORM & LIABILITY RELEASE
St. Albans Area Watershed Association's
12th Annual Restore the Bay 5K
Saturday, July 27, 2019

A 5K Walk/Run from Hathaway Point (at Point Road) to St. Albans Bay Town Park

Please park at St. Albans Bay Town Park to be transported by bus to the starting line.

SCHEDULE: **9:30 a.m.** Registration & Check-in (St. Albans Bay Park)
 10:15 a.m. Runners/Walkers take shuttle bus to Starting Line
 11:00 a.m. Race begins at Hathaway Point (Point Road)

Pre-register online (**SAAWAVT.org**) or by mail prior to the event:

SAAWA ▪ P.O. Box 1567 ▪ St. Albans VT 05478

Mail completed form with payment of **\$25/adult** or **\$10/kids under 12** payable to SAAWA
First 100 registered are guaranteed a T-Shirt | Registration fee includes 2019 SAAWA Membership.

PLEASE PRINT!

Participant Name					
Address					
Phone		E-mail Address			
Participant Age	Check One	<input type="checkbox"/> Male	<input type="checkbox"/> Female	Check One	<input type="checkbox"/> Running <input type="checkbox"/> Walking
Emergency Contact				Phone	
Shirt size (not guaranteed)	ADULT/UNISEX <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL		WOMEN'S <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL		

Signature: _____ Print Name: _____ Date: _____
(Guardian signature required if under 18)

By signing above, I hereby release the St. Albans Area Watershed Association and all volunteers and sponsors of the "Restore the Bay 5K" from any liability for injuries or damages sustained by me or my property in connection with this event as a participant or observer. I further attest that I am physically conditioned to safely participate in this event and do so at my own risk. I realize that I will be running or walking on public thoroughfares that are not closed to traffic and I am fully responsible for my own health, safety and wellbeing.

By signing, I also consent to usage of photograph(s) or electronic media images of me in SAAWA publicity or educational materials, social media, website or in future promotions of this event.

I request SAAWA make reasonable efforts not to use my photo in future promotions of this event or in SAAWA materials.