



St. Albans Area Watershed Associations' 8th Annual RESTORE THE BAY 5K! – Registration Form

A 5K Walk/Run beginning at Kill Kare State Park

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

Saturday June 8, 2013

Registration 8:00 a.m. at St. Albans Bay Town Park

Transportation to Kill Kare for participants at 8:45

5K begins at 9:00, Walk or Run back to St. Albans Bay Town Park

Refreshments, Awards & Prizes

Can Pre-register by mailing prior to SAAWA ▪ P.O. Box 1567 ▪ St. Albans VT 05478
Mail completed form with payment of \$20 payable to SAAWA – 1st 100 received are guaranteed a T-Shirt

OR bring completed form, payment AND additional pledges to be eligible for a prize!

Participant Name				
Address				
Phone			E-mail Address	
Participant Age		Check One	Male _____	Female _____
Shirt size (not guaranteed)	Adult S _____ Adult M _____ Adult L _____ Adult XL _____	Check One	Running _____	Walking _____

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.

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

**HELP RESTORE THE BAY BY ASKING YOUR FRIENDS, FAMILY & NEIGHBORS
TO SUPPORT YOUR PARTICIPATION IN THE 5K WITH THEIR TAX DEDUCTIBLE DONATION**

The St. Albans Area Watershed Association is a non-profit corporation with tax exempt status under IRS section 501(c)(3) TIN 41-2196343

Donor Name	Address	Phone Number	Pledge Amount
1			
2			
3			
4			
5			
6			
7			
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10			

**ALL PLEDGE PAYMENTS ARE DUE THE DAY OF THE EVENT
PLEASE BRING COMPLETED FORM AND CASH OR CHECKS PAYABLE TO S.A.A.W.A.**

