Gallop 4 the Greenways
May 8, 2010 Elmwood Park 5 pm
Fleet Feet Kid's Run 4:15 pm
Official Entry Form

Please fill out completely. Incomplete forms will not be accepted and will not be entered in the event. Early Entry - $25.00. Postmarked after April 9 - $30.00. Registration at Packet Pick Up: $35.00.

Fleet Feet Kid's Run (ages 6-14) 1 mile: $20 Online entry is available at www.gallop4thegreenways.com

Family discount: Prior to April 10, a parent with their child (under 16) may register together for $45.00. After April 9, price increases to $50 until May 3. Each additional child: $15.00. Mail in registration required and all related entries must be submitted together. At registration, $55 for a parent and child and $20 for each additional child.

Mark which event you will participant in: 5K Run _____ Bella 5K Stroller Division _____
1 mile Walk _____ Fleet Feet Kid's Run _____

First Name_____ Middle Initial _____ Last Name _____

Street Address _____

City, State, Zip Code _____

(Area Code) Phone _____ Gender _____ Birthdate _____ Age (Day of Race) _____

Email Address _____ Team Name/Fitness Center _____

Shirt Size: Youth Small _____ Youth Medium _____ Small _____
Medium _____ Large _____ Xlarge _____ XXL _____ Would you prefer a Ladies' tank top? _____

Make Checks Payable to: Gallop 4 the Greenways Mail to: PO Box 8553, Roanoke, VA 24014

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any, and all rights and claims for damages I may have against Valley Forward and their representatives, successors and assigns, the City of Roanoke and any or all sponsors for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been recently verified by a physician.

_____ _____

All entrants must sign waiver. Legal Guardian must sign if entrant is under 18 years old.