

# 5th Annual TRZ 5k / 10k / Kids Fun Run & Walk



To Benefit:



**The Relief Zone**  
Community Youth Center

Presented by

UPMC  
Chautauque WCA

## Saturday, August 19th, 2017

Registration / Check in:	7:30 – 8:30 AM
1 Mile Kids Fun Run (and Walking Events):	9:00 AM
5k / 10k Runs:	9:30 AM
Awards:	11:00 AM (approx)

Timing Services Provided by Trackqua Timing Services ([www.trackqua.com](http://www.trackqua.com))

**Fees:** Kids' Fun Run: \$10.00    5k Run: \$20.00    **10k Run: \$25.00 (Runner of the Year Series Distance)**  
(Fee includes t-shirt for preregistered runners)

**Race Location (Start / Finish / Parking):** Frewsburg Fireman's Grounds, Hazzard St., Frewsburg, NY 14738

**Register at:** [www.thereliefzone.org](http://www.thereliefzone.org)

Or

Race-day and mail-in payment should be submitted to: The Relief Zone, Inc. and can be dropped off at or mailed to: The Relief Zone, Inc., 5 Frew Run, P.O. Box 334, Frewsburg, N.Y. 14738 (716-569-2614). Note: Registration in person or by mail by cash or check only.

Prizes will be awarded to top 3 overall male and female finishers as well as in age brackets as follows:

Kids Fun Run, 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 +

Name \_\_\_\_\_ Male or Female \_\_\_\_\_ Age on race day \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Register for:    **5K** \_\_\_\_\_ (Run or Walk)    **10k** \_\_\_\_\_ (Run or Walk)    **1Mile Kids Fun Run** \_\_\_\_\_  
 T-shirt size Youth S, Youth M, Youth L, Adult S, Adult M, Adult L, Adult XL, Adult XXL

Please read and sign liability waiver below. Parent must sign for child under 18.

I, the undersigned, understand that the TRZ 5K / 10k Run / 1mile Kids Fun Run & Walk is an athletic event that should only be engaged in by persons who are physically capable of participation. I also understand and acknowledge that my participation entails risks, including, but not limited to, serious bodily injury or death, caused by my actions as well as the acts or omissions of others. I am voluntarily entering the Event, and I assume all risks of injury or damage to my person or property resulting in directly or indirectly, wholly or in part, from my participation in the event. In consideration for, among other things, my being permitted to participate in the event, I waive, release, covenant not to sue, and hold harmless TRZ, TRZ race officials and volunteers, all event sponsors, Trackqua and the Town of Carroll, of, from, and for any and all claims, suits, or damages of any kind, in whole or in part by the District or any other person or thing at the Event and even though such claim or liability may arise out of the negligence or fault on the part of the District. I also understand and agree that any sponsor may subsequently use, for publicity or promotional purposes, picture of me participating in the Event without liability or obligation to me. If the participant is under 18 years of age, the undersigned represents and warrants that he/she is the participant's parent or legal guardian, and has authority and knowledge to make the above representation and execute this Waiver on the participant's behalf.

Participant	Date	Parent or Legal Guardian (if participant is under 18)	Date
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