

SEASIDE BEACH RUN

REGISTRATION FORM

Only one participant per form, please!



SATURDAY, JULY 16, 2016

Race #
RACE COMMITTEE USE ONLY

Last Name: _____ First Name: _____ Title (Mr./Mrs./Miss/Ms./Dr./etc. (optional): _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone: _____ Age (on 7/01/16): _____ E-mail: _____

(We will email your certificate of participation and race results.)

Check your gender under the appropriate age category for your event:

Event	Gender/Age Division							
	2 - 3 M <input type="checkbox"/> F <input type="checkbox"/>		4 - 6 M <input type="checkbox"/> F <input type="checkbox"/>		7-9 M <input type="checkbox"/> F <input type="checkbox"/>		10 - 12 M <input type="checkbox"/> F <input type="checkbox"/>	
Kids' Dash	1 - 14 M <input type="checkbox"/> F <input type="checkbox"/>	15 - 19 M <input type="checkbox"/> F <input type="checkbox"/>	20 - 29 M <input type="checkbox"/> F <input type="checkbox"/>	30 - 39 M <input type="checkbox"/> F <input type="checkbox"/>	40 - 49 M <input type="checkbox"/> F <input type="checkbox"/>	50 - 59 M <input type="checkbox"/> F <input type="checkbox"/>	60 - 69 M <input type="checkbox"/> F <input type="checkbox"/>	70 + M <input type="checkbox"/> F <input type="checkbox"/>
5K Prom Walk	1 - 14 M <input type="checkbox"/> F <input type="checkbox"/>	15 - 19 M <input type="checkbox"/> F <input type="checkbox"/>	20 - 29 M <input type="checkbox"/> F <input type="checkbox"/>	30 - 39 M <input type="checkbox"/> F <input type="checkbox"/>	40 - 49 M <input type="checkbox"/> F <input type="checkbox"/>	50 - 59 M <input type="checkbox"/> F <input type="checkbox"/>	60 - 69 M <input type="checkbox"/> F <input type="checkbox"/>	70 + M <input type="checkbox"/> F <input type="checkbox"/>
5K Race Walk	1 - 14 M <input type="checkbox"/> F <input type="checkbox"/>	15 - 19 M <input type="checkbox"/> F <input type="checkbox"/>	20 - 29 M <input type="checkbox"/> F <input type="checkbox"/>	30 - 39 M <input type="checkbox"/> F <input type="checkbox"/>	40 - 49 M <input type="checkbox"/> F <input type="checkbox"/>	50 - 59 M <input type="checkbox"/> F <input type="checkbox"/>	60 - 69 M <input type="checkbox"/> F <input type="checkbox"/>	70 + M <input type="checkbox"/> F <input type="checkbox"/>
5K Run	1 - 14 M <input type="checkbox"/> F <input type="checkbox"/>	15 - 19 M <input type="checkbox"/> F <input type="checkbox"/>	20 - 29 M <input type="checkbox"/> F <input type="checkbox"/>	30 - 39 M <input type="checkbox"/> F <input type="checkbox"/>	40 - 49 Masters M <input type="checkbox"/> F <input type="checkbox"/>	50 - 59 Masters M <input type="checkbox"/> F <input type="checkbox"/>	60 - 69 Masters M <input type="checkbox"/> F <input type="checkbox"/>	70 + Masters M <input type="checkbox"/> F <input type="checkbox"/>
10K Run	1 - 14 M <input type="checkbox"/> F <input type="checkbox"/>	15 - 19 M <input type="checkbox"/> F <input type="checkbox"/>	20 - 29 M <input type="checkbox"/> F <input type="checkbox"/>	30 - 39 M <input type="checkbox"/> F <input type="checkbox"/>	40 - 49 Masters M <input type="checkbox"/> F <input type="checkbox"/>	50 - 59 Masters M <input type="checkbox"/> F <input type="checkbox"/>	60 - 69 Masters M <input type="checkbox"/> F <input type="checkbox"/>	70 + Masters M <input type="checkbox"/> F <input type="checkbox"/>

Event registration fees—includes T-shirt (*except Kids' Dash*):

- 5K or 10K Run; 5K Race Walk: **\$30** (4/1-5/15); **\$35** (5/16-6/30); **\$40** (7/1-16) **Shirt size** (Adult) S M L XL
- 5K Walk: **\$20** (4/1-5/15); **\$25** (5/16-6/30); **\$30** (7/1-16) **Shirt size** (Adult) S M L XL
- Kid's Dash: **Free** *T-shirts are not included with free kids' events, but may be purchased separately below.*

Additional T-shirts—please indicate number of shirts desired for each size (*event registration fee is not included*):

- Adult T-shirts: **\$12** (prior to event; **\$15** on/after event day) **Shirt size** (Adult) S ___ M ___ L ___ XL ___
- Child T-shirts: **\$12** (prior to event; **\$15** on/after event day) **Shirt Size** (Youth) YS ___ YM ___ YL ___

GRAND TOTAL: \$ _____ (*registrations after July 1, 2016 up to and including event day are not guaranteed a souvenir t-shirt*)

PAYMENT: Cash Check # _____ (*payable to "Fit to Be Teens, Inc."*) Credit (Visa/MC/AMEX/Discover) Paid by phone

Registration is also available online at Raceroster.com or Active.com by entering "Seaside Beach Run" in the search window; payments may also be made by phone by calling us at (503) 738-8304.

- Net proceeds will be used to provide gym memberships/fitness classes to Clatsop County middle and high school students.
- All fees non-refundable. • T-shirts included with registration; subject to availability for late or event day registrations.

In consideration of the acceptance of my entry in a Seaside Beach Run event, I, the undersigned participant, and, if under 18 years of age, my parent or guardian, intending to be legally bound, do hereby for ourselves, and heirs, executors, administration and assigns forever waive, release and discharge any and all rights, claims and actions for damages that we or any of us may have, or that may hereafter accrue to us or any of us, against any and all persons, organizations and the entities associated with the event, including but not limited to Fit To Be Teens, Inc. and Sunset Family Fitness, LLC and their respective officers, directors, employees, agents, representatives, successors and assigns, arising out of or in connections with my entry in, travel to, participation in, and returning from the Seaside Beach Run. I attest and verify that I am physically fit and sufficiently trained to participate in the event. I also give my permission for the free use of my name and/or pictures in broadcasts, telecasts, newspapers, etc. I understand that the entry fees are nonrefundable and that race numbers are nontransferable.

SIGNED: _____ (**Parent or guardian if under 18 years old**)