



Seward Park
www.goodkarma5k.com

To register please fill out this form and return with payment to:
Run for Good Racing Company
204 7th Ave N
Edmonds, WA 98020

Name: _____

Address: _____

City, State, Zip: _____

Phone number: _____

Email: _____

Date of Birth: _____ Male Female (please circle one)

15K Run/Walk 5K Run 4K Walk (please circle one)

Emergency Contact: _____

Payment Information: Please circle one

	4K and 5K Pricing	15K Pricing
Feb 26 only	\$17	\$35
Feb 27 – April 30	\$25	\$45
May 1 – June 30	\$30	\$50
July 1 – Sept 10	\$35	\$55
Day Of	\$40	\$65

Payment type (please circle one) Cash Check (please make checks out to Run for Good)

Nonprofit Choice: Please circle one

Seattle Children's	Leukemia and Lymphoma Society	Girls on the Run
YMCA	Seattle Humane Society	Northwest Harvest
	Senior Services	

T-Shirt: Women's Small W Medium W Large W XL (Please circle one)
 Men's Small M Medium M Large M XL

I hereby certify that I am adequately fit to run in this race. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representative, beneficiaries, and heirs, knowingly waive, release, and discharge any and all rights and claims which I have or may have hereafter accrue to me or my estate against the Race Organizers, Run for Good Racing Company, City of Seattle, and/or any other nonprofit beneficiaries and/or any other sponsors, organizers and volunteers and assigns for any and all injuries or death suffered by me in this event. I will also allow my picture and name to be used in publications as a result of this race.

Signature: _____ Date: _____