



October 29, 2017 - 9:30am
Seward Park
www.runscared5k.com
info@runforgoodracingcompany.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: _____

Do you have a child interested in the free kids dash? Yes No

10K 5K 4K (please circle one)

Shirt Size: (please circle one)

Women's Small	Men's Small	Youth Large
Women's Medium	Men's Medium	
Women's Large	Men's Large	
Women's XL	Men's XL	
Women's XXL	Men's XXL	

Date of Birth: _____ Male Female

Emergency Contact: _____

Payment Information: Please circle one:

5K or 4K:	10K:
\$20 March 20	\$30 March 20
\$30 March 21 – July 15	\$40 March 21 – July 15
\$35 July 16 – Sept. 30	\$45 July 16 – Sept. 30
\$40 October 1 – 27	\$50 October 1 – 27

\$15 Child under 18 who wishes to participate in the 5K run or 4K walk (shirt included)
\$25 Child under 18 who wished to participate in the 10K (shirt included)

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

To make an extra donation please write a separate check made out to 'LLS'

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, The Leukemia & Lymphoma Society, the City of Seattle 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: _____