

# 1st Annual TRZ Spring 10k



**To Benefit:**



**The Relief Zone**  
Community Youth Center

**Saturday, April 6<sup>th</sup>, 2019**

Registration / Check in: 7:30 – 8:30 AM  
10k Runs: 9:00 AM  
Awards: 10:30 AM (approx)

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

**Fees: 10k Run: \$25.00 (Runner of the Year Series Distance)**

(Fee includes t-shirt for runners preregistered by March 29, 2019)

**Race Location (Start / Finish / Parking):** Willis C. Hale Town Park, Frewsburg, NY 14738

**Register at:** [www.thereliefzone.org](http://www.thereliefzone.org) or [www.chautauquastriders.org](http://www.chautauquastriders.org) or race-day. Mail-in payment should be submitted 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:

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: **10k** \_\_\_\_\_ (Run)

Circle 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 10k 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