



**HMEA's 2016
incred**ABLE**5k**

Runner Registration Form

- ★ The course is registered and USATF MA 08001RN Certified
- ★ Professionally chipped and timed by RaceWire.com
- ★ T-shirts, refreshments and prize bags available (while supplies last)

This event is hosted by our friends at...

EMC²

50 Constitution Blvd
Franklin, MA 02038

PRE-REGISTRATION IS STRONGLY ENCOURAGED!

Complete this form and mail, along with the registration fee(s) to:
HMEA, Attn: Linda Conley, 8 Forge Park East, Franklin, MA 02038

Your registration must be received by no later than
May 18, 2016.

PLEASE PRINT. All information is required. Entry form will not be accepted without Age and Gender indicated.

Name: _____

Gender: Male Female AGE (on race day): _____

Team Name (if any): _____

E-mail address: _____

Phone: (_____) _____

Home Address: _____

City: _____ State: _____ Zip: _____

Registration Fees

Pre-Registration

- Participant: \$20.00
- Junior Participant (age 12 or under): \$15.00
- Senior Participant (age 70 or over): **FREE**

Day-of-race Registration

- Participant: \$25.00
- Junior Participant (age 12 or under): \$20.00
- Senior Participant (age 70 or over): **FREE**

Tee-shirt size:

Adult Sizes

- small
- medium
- large
- x-large
- xx-large (while supplies last)

Youth Sizes

- small
- medium
- large (while supplies last)

Payment Method

CASH/CHECK:

Amount: \$ _____

CHARGE: Visa MC AMEX

Amount: \$ _____

Account Number: _____

CID#: _____ Expiration: _____

Signature: _____

Registration at 8:00AM

Race start at 9:00AM

Two ONLINE registration options are available: one for **Runners ONLY**, and one for Runners who would also like to **fund raise** for HMEA.

To register online or for more information visit...

www.hmea.org/incredible

WAIVER AND AGREEMENT TO RELEASE AND HOLD HARMLESS

In consideration of being accepted as an entrant in HMEA's Incredible 5K Run, I hereby affirm, acknowledge and agree as follows:

1. To assume all responsibility for any and all damages to, or theft of my personal property or any bodily injury that may occur to me arising or resulting from, or incident to, my participation in the HMEA Incredible 5K.
2. To release and forever hold the following harmless of myself, my heirs, executors and administrators from all claims, damages, rights of action, present or future, whether the same be known, anticipated or unanticipated, arising or resulting from, or incident to, my participation in HMEA's Incredible 5K; HMEA, the town of Franklin, Park Development Corporation, EMC Corporation, any and all sponsors and their respective trustees, directors, employees and agents.
3. To grant permission for the use of my name and/or picture in any broadcast, photograph, video or other account of the HMEA Incredible Day 5K Race
4. That children 14 and over can participate alone in HMEA's Incredible 5K if they have a parent/guardian's permission. Anyone under 14 must be accompanied by an adult.
5. To make every effort to meet the fund raising goals set forth in the brochure and to make all payments to HMEA by day of the event.

X _____
SIGNATURE (OR PARENT/GUARDIAN IF PARTICIPANT IS UNDER AGE 18)

Date: _____