

# Heart & Sole Festival of Miles

Presented by Blood Centers of the Pacific

Entry due by May 12<sup>th</sup>

Sunday, May 20<sup>th</sup>

Santa Rosa Junior College

\$10 for youth (18-and-under)

\$15 for adults (19+)

*Cost is increased \$5 after April 25th*

**Mile Seed Time:** \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Gender: \_\_\_\_\_

Age on Race-Day: \_\_\_\_\_

Shirt Size: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_



Checks should be made out to "Heart & Sole"

Mail completed form with check to:

Heart & Sole Festival of Miles

65 Brookwood Ave

Santa Rosa, CA 95404

**Waiver:** In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims for damages I may accrue against the persons and organizations affiliated with the race including but not limited to Heart & Sole Sports, City of Santa Rosa, Santa Rosa JC, USATF, all sponsors, volunteers, staff, subcontractors, agents, attorneys, and representatives for any and all injuries that I may suffer while participating in the event or en route to and from the event. I consent to the use of my image in photos, videos and audio recording and film, of my participation in the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver, I acknowledge that I have read and understand all of the above.

**Signature:** \_\_\_\_\_