

2013 Annual McRun...
Held by the McDonald Volunteer Fire Department
and
Sponsored by Body Systems Fitness of McDonald

REGISTRATION FORM

Sunday June 30, 2013

Heritage Park

Downtown McDonald, PA 15057

9:00 a.m. (registration begins at 8:00 a.m.)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ E-mail: _____

Gender: M _____ F _____ Shirt Size*: S _____ M _____ L _____ XL _____

*T-shirts are only available for the 1st 250 registered participants.

Entry Fee (please select one):

\$25.00 5K run/walk (price is per participant)

\$30.00 Family fun 1 mile run/walk (price is per family)

*Payment can be received through bodysystemsfitness.com or make checks payable to "Body Systems Foundation."
All payments/registration forms can be mailed to Body Systems Fitness 106 West Lincoln Ave. McDonald, PA 15057
or brought with you the day of the race. Registration forms will be available the day of the race.

Emergency Contact Name: _____

Phone: _____ **Waiver:** In consideration of the acceptance of this entry, I waive for myself, my heirs, and assigns, all rights and claims for damages which I might have against McRun from McSummerfest and/or The McDonald volunteer Fire Department and Body Systems Fitness, other sponsoring organizations, businesses, or individuals as a result of any and all injuries suffered by me in that event. I attest and verify that I am an amateur and physically fit and have trained sufficiently for this event. I also release any photos that may involve myself. All fees are non-refundable.

Signature (parent if under

18): _____ **Date** _____

ALL PROCEEDS OF MCRUN BENEFIT JAMESON'S ARMY A NON-PROFIT ORGANIZATION.