



TINTON FALLS FIRE COMPANY NO. 1

FIRST ANNUAL



Flashover 5k

Who: The entire family, including the dog!
What: 5k Timed Run, 1-mile fitness walk, or 150-yard kid's dash
When: Saturday, April 8, 2017
Where: Tinton Falls, New Jersey

The Tinton Falls Fire Company is an all-volunteer fire department proudly serving the community since 1932. Come support the Fire Company at the First Annual Flashover 5k. Human & Dog* runners welcome!

* Dogs must be leashed at all times (**NO** Retractable leashes), friendly with people and other dogs, and up to date on vaccinations, including Rabies. Dogs may participate in the 5k run or 1 mile walk.

	Until 3/24/17*	3/25/17 - Race day
5k Timed Run	\$25	\$30
1 Mile Fitness Walk	\$15	\$20
Kid's 150-yard dash	\$10	\$15

Awards in the following categories for Male and Female 5k finishers:

- Overall and by Age Group (<18, 18-29, 30-39, 40-49, 50+)
- First Responders (Police, Fire, EMS)
- Military
- Largest Team

Register by March 24, 2017 to be guaranteed a shirt. Dog runners are free. Dog runners registered before March 24, 2017 will receive a bandana. After March 24 2017 shirts and bandanas will be available on a first-come, first-serve basis while supplies last.

Register online at <https://raceforum.com/flashover-5k> or complete this registration form and mail it to: Tinton Falls Fire Company, 695 Tinton Avenue Tinton Falls, NJ 07724 or email it to Flashover5k@tintonfallsfire.org

FOR TEAM REGISTRATIONS EMAIL FLASHOVER5K@TINTONFALLSFIRE.ORG

TINTON FALLS FIRE COMPANY NO. 1

FIRST ANNUAL FLASHOVER 5K REGISTRATION

Participant Name: _____ Age on Race Day: _____

Address: _____ Date of Birth: _____

Email: _____ (NOTE: all race updates will be provided by email)

Phone: _____ Team (if applicable): _____

Event: 5K Run 1 Mile Walk Kid's 150-yard Dash

Registration Type: General First Responder (Police, Fire, EMS) Military

T-Shirt Size: Youth S Youth M Youth L Small Medium Large XL 2XL 3XL

Will a dog be participating with you? Yes No

I _____ know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not participate unless I am medically able and properly trained. By signing this form, I hereby certify that I am in good health, properly trained, and medically able to perform this event. I understand that if a dog participates with me the dog must be friendly with people and animals, maintained in my control on a non-retractable leash, properly licensed, and up to date on vaccinations, specifically including Rabies. I agree to abide by any decision of a race official relative to any aspect of my and/or my dog's participation in this event, including the right of any official to deny or suspend my or my dog's participation for any reason whatsoever. I understand that my dog should not participate in this event unless my dog is in good health, properly trained, and medically able to perform this event. By signing this form, I certify that my dog meets all race requirements. I assume all risks associated with running this event and/or the participation of my dog in this event, including but not limited to falls, contact with other participants (including dogs), weather conditions, traffic conditions, road conditions, and any other issues that may arise during the course of the event, all such risks being known and appreciated by me. In consideration of the Tinton Falls Fire Company accepting my entry, I, for myself and anyone entitled to act on my behalf, forever waive and release the Tinton Falls Fire Company, event sponsors, the Borough of Tinton Falls, and their representatives and successors ("Releasees"), from all claims or liabilities of any kind arising out of my participation and/or my dog's participation in this event, even though such liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I agree to indemnify and hold harmless the Releasees for any amounts incurred by the Releasees as a result of my and/or my dog's participation. I agree that if any part of this waiver is deemed unenforceable for any reason, the unenforceable provision shall be stricken and the remainder of the waiver will remain in full force and effect. I grant permission to Tinton Falls Fire Company, its representatives, and the event sponsors to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

I have read and understand the waiver above. I sign this waiver knowingly and voluntarily on the date indicated below:

Signature of Participant: _____ Date: _____

Signature of Parent or Guardian for Minor Participants: _____ Date: _____