



\_\_\_\_\_ last name

\_\_\_\_\_ first name

\_\_\_\_\_ address (city/state/zip)

\_\_\_\_\_ phone

\_\_\_\_\_ email

- run \$ 22
- walk \$ 19
- I would also like to make a contribution to Pittsburgh Parks of \$ \_\_\_\_\_
- I'd like to volunteer (all are welcome, open to runners/walkers & friends)

Method of payment:

- my check for \$ \_\_\_\_\_ payable to The Sweet Sprint is enclosed

**all participants, please read this carefully:**

By indicating your acceptance, you understand, agree, warrant and covenant as follows:

I know that running and walking a road race is a potentially hazardous activity. I would not enter The Sweet Sprint 3K (the Race) and run or walk unless medically able and properly trained. I agree to abide by any decision of a Race official relative to my ability to safely complete the Race. I acknowledge and assume all risks associated with running in the Race including, but not limited to personal injuries, property damage, or wrongful death which may result from: falls, contact with other participants, weather (including high heat and/or humidity) traffic and road conditions, or other potential hazards, all such risks being known and understood by me. I also acknowledge and assume any risks and dangers not known or reasonably foreseeable at this time. Having read this waiver and release, and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Sweet Sprint, the City of Pittsburgh and all Race sponsors, representatives and successors from any and all claims or liabilities of any kind arising out of my participation in the Race though such liabilities may arise out of negligence or carelessness on the part of myself, or the persons and entities named in this waiver and release. I acknowledge, understand and agree that by signing this waiver and release, I am assuming any of the risks and chances described herein. Nonetheless, it is my desire to participate in the Race. I give the The Sweet Sprint permission to use any photos taken of me for future promotions of the race.

sign and date \_\_\_\_\_

email \_\_\_\_\_

questions? email us: [sweetsprintpgh@yahoo.com](mailto:sweetsprintpgh@yahoo.com)