18th Annual Valvoline Instant Oil Change Goblin Gallop

SUNDAY OCTOBER 30, 2011 **1K-8:30AM 5K RUN-9:00AM 5K WALK-9:10AM**

ENTRY FEES: 5K RUN-$20.00 through Sept. 20th; $22.00 through Oct. 18th; AFTER Oct. 18th through race day-$25.00 (Online will remain $22.00)
5K WALK-$20.00 through race day (www.runwashington.com)
1K FUN RUN & WALK-$15.00 through Oct. 18th; AFTER Oct. 18th through race day- $20.00

MAKE CHECKS PAYABLE TO: JQF-GOBLIN GALLOP AND MAIL TO: JQF-GOBLIN GALLOP, 15739 Crabbs Branch Way, Rockville, MD 20855
IF PAYING BY CREDIT CARD, MAIL TO THE ABOVE ADDRESS OR FAX TO 301-840-2043

FIRST NAME LAST NAME

ADDRESS

ZIP CITY STATE

SEX: **M** **F** AGE: EVENT: **5K Run** **5K Walk** **1K** T-SHIRT SIZE*: **YS** **YM** **YL** **S** **M** **L** **XL** **XXL**

*☐ CHECK THIS BOX **AND** ADD $5.00 FOR A LONG SLEEVE T-SHIRT **INSTEAD** OF A SHORT SLEEVE T-SHIRT

5K TEAM COMPETITION! TEAM NAME:_____

CO-ED TEAMS OF AT LEAST 4 ONLY! **TEAM TYPE: ☐ ORGANIZATION ☐ FAMILY ☐ FRIENDS**

PHONE NUMBER E-MAIL ADDRESS_____

WOULD YOU LIKE TO RECEIVE COUPONS AND INFORMATION FROM OUR SPONSOR VIA E-MAIL? ☐ YES ☐ NO

HOW DID YOU LEARN ABOUT OUR RACE? ☐ RAN RACE BEFORE ☐ FRIEND/FAMILY ☐ INTERNET

☐ MAILING ☐ RUNNING PUBLICATION ☐ OTHER:_____

MC VISA CREDIT CARD NUMBER EXP. DATE

CARDHOLDER'S SIGNATURE:_____

Please consider giving an additional donation. All these funds go directly to helping local children with cancer and their families

$_____
ADDITIONAL DONATION

JOHN QUADRINO FOUNDATION
A Gift of Love

HELPING CHILDREN WITH CANCER

UNITED WAY # 59426
CFC# 8931

Liability waiver must be signed. PLEASE PRINT ABOVE!!! ILLEGIBLE FORMS WILL BE REJECTED

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the organizers of the Goblin Gallop race, JQF, Capital Running Company, USATF, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver.

Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (parent or guardian if under 18):_____