



3<sup>rd</sup> Annual  
**Sasha's Superhero Run**  
5K Run/Walk & Kids Fun Run

Sunday, April 28, 2019  
09:30am – Kids Fun Runs  
10:00am – 5K Run/Walk

Tallmadge Park  
200 Park Place  
Mechanicville, NY

### Mail In Registration Form

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

DOB \_\_\_\_\_ Gender \_\_\_\_\_ Phone Number \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email Address: \_\_\_\_\_

T-Shirt Size: S M L XL XXL No T-Shirt Necessary

(Performance T-shirts are offered to the first 300 registrants, but we will do our best to accommodate those registered after).

I understand that running a road race is potentially a hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I assume all risks associated with participating in this race. I waive and release Sasha's Superhero Run, the Race Director, the City of Mechanicville, USATF, timing company, volunteers, sponsors, and their representatives of all claims and liabilities arising out of my participating in this event. I hereby grant full permission to the use of my photographs or recordings at the event for any legitimate purpose.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature (if under 18 yrs old) \_\_\_\_\_ Date \_\_\_\_\_

Choose Event:	Sasha's Superhero Run 5K Run/Walk	\$25.00 (before 3/31/19)
	Sasha's Superhero Run 5K Run/Walk	\$27.00 (4/1/19 and after)
	Kids Fun Run (for kids 10 and under)	\$0.00
	Additional Donation (optional)	_____

Please make your check payable to **Sasha's Run**.  
Mail your check and this registration form to:

Sasha's Run,  
14 Tallmadge Place  
Mechanicville, NY 12118

All proceeds from the event benefit:



**Ronald McDonald  
House Charities®**  
of the Capital Region

Keeping families close™