



3rd Annual
Sasha's Superhero Run
5K Run/Walk & Kids Fun Run

Sunday, April 28, 2019
09:30am – Kids 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 offered to the first 300 registrants)

I am participating in Sasha's Superhero Run in memory of _____

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 Mechanciville, 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 use of photographs or recordings of 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 (after 4/1/19)
	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