



REGISTRATION FORM

STAFF USE ONLY	Race # _____	Amount Paid \$ _____
-----------------------	--------------	----------------------

Please print clearly and complete the entire form. (Entry forms without age and gender will not be eligible for age group awards.)

First Name _____ Last Name _____
 Male / Female (*circle one*) Age on Race Day _____ Telephone _____
 Street _____ City _____ State _____ Zip _____
 E-mail Address _____ T-Shirt Size (*circle one*) XS, S, M, L, XL, XXL*
** Register by May 1 for your free T-Shirt!*

I Would Like To Register For The:

5 K Road Race (run/walk)	_____ \$22
Bicycle Tour	_____ \$10
3 Mile Paddle Race	_____ \$22
9 Mile Paddle Race	_____ \$22
12 Mile Paddle Race	_____ \$22
3 Mile Paddle Race <i>and</i> 5 K Road Race	_____ \$32
9 Mile Paddle Race <i>and</i> 5 K Road Race	_____ \$32
12 Mile Paddle Race <i>and</i> 5 K Road Race	_____ \$32

- Age Groups: 10 and under, 11-14, 15-17, 18-29, 30-39, 40-49, 50-59, 60+
- Team Divisions: Male, Female, Mixed, Corporate
- **DAY OF RACE registration prices**: \$26 for 5K and all paddle races; \$36 for both 5K AND paddle race

If you are NOT a current or past member, we'd like to offer you a FREE one-year membership to MyRWA!
Check here for your free membership _____

Other Donation Amount \$ _____
TOTAL: \$ _____

Please make checks payable to the **Mystic River Watershed Association** and mail completed form to:
 20 Academy Street, Suite 306. Arlington, MA 02476-6401

5K Team Name (all 3 team members must register independently) _____
5k and Paddling Race Team Name (all 3 team members must register independently) _____

Circle Boat Type if Applicable: Solo Canoe, Tandem Canoe, Racing C-1, Racing C-2, Recreational Kayak, Sea Kayak, Racing K-1, Double Kayak, Racing K-2, Stand-up Paddleboard, Prone Paddleboard
Boat Make: _____ **Boat Model:** _____

WAIVER: Submission of this entry constitutes an acknowledgment that the Runner and/or Paddler is physically able to undertake and complete the Mystic River Herring Run and Paddle and is a waiver of any and all claims arising out of the Mystic River Herring Run and Paddle which the Runner might assert against the Mystic River Watershed Association or the City of Somerville, any individuals connected with these entities, the MA Department of Conservation & Recreation or any other parties connected with the event. In addition, the Runner/Paddler assents to the use of any photo or video footage of the event for any purpose.

Signature Required X _____ **Date** _____

FOR MINORS ONLY (Under the age of 18 at the time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above, of all the Releasees, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Parent/Guardian Signature X _____ **Date** _____
Emergency Contact Name: _____ **Emergency Contact Phone:** _____