



First Name: _____
 Last Name: _____
 Email Address: _____
 Address: _____
 City: _____
 State: _____ Zip Code: _____
 Phone: _____
 Sex M/F
 Date of Birth _____

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 Last Name: _____
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Shirt Size S M L XL XXL Kid's Medal
 Nothing for me, let it all go to the cause

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 Nothing for me, let it all go to the cause

5K Run: \$40.00

5K Run: \$40.00

5K Walk: \$40.00

5K Walk: \$40.00

Kids 1 Mile: \$20.00 (ages 4 - 10)

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Must be signed by runner or by parent/guardian if under age 18. For and inconsideration of my participation in the Rock N' Run 5K Race/Walk and Kids 1 Mile, receipt of which is hereby acknowledged: I hereby agree on behalf of myself, my heirs, executors and administrators to waive and release Valley Music Academy, all employees and all volunteers working on behalf of the organizations, from and against any and all actions, claims, demands or expense of whatever kind and nature, including my attorney fees, which may at any time be incurred by reason of my participation in or preparation for the aforesaid distance run. Also I certify that I am an amateur and in good health.

Must be signed by runner or by parent/guardian if under age 18. For and inconsideration of my participation in the Rock N' Run 5K Race/Walk and Kids 1 Mile, receipt of which is hereby acknowledged: I hereby agree on behalf of myself, my heirs, executors and administrators to waive and release Valley Music Academy, all employees and all volunteers working on behalf of the organizations, from and against any and all actions, claims, demands or expense of whatever kind and nature, including my attorney fees, which may at any time be incurred by reason of my participation in or preparation for the aforesaid distance run. Also I certify that I am an amateur and in good health.

 Signature of Participant or Parent/Guardian

 Signature of Participant or Parent/Guardian

Make Check Payable to Valley Music Academy
 P.O. Box 1712 Waynesboro, VA 22980 or
 Register online at VALLEYMUSICACADEMY.ORG

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