



5K Run/Walk

[www.tatatrot.com](http://www.tatatrot.com)

July 8, 2017

Selinsgrove High School, 500 N. Broad Street, Selinsgrove, PA

Registration Opens: 6:30AM Opening Ceremonies: 7:45AM 5K Trot Start Time: 8:30 AM

**PAPER REGISTRATIONS ACCEPTED UNTIL 6/8/17. NO EXCEPTIONS.**

**Event (circle one):** 5K Run (Start AND Finish Line Chip Timing by Falcon Race Timing)

5K Walk (must choose 5K Run if you wish to be Chip Timed)

**RUNNERS ONLY: What is your anticipated mile pace (circle one)?** 5:00-6:59 7:00-8:59 9:00-10:59 11:00+

**Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **First year participating in the Ta-Ta Trot?** Yes No

**Breast Cancer Survivor:** Yes No **Other Cancer Survivor:** Yes No **Gender:** Female Male

**Will you be pushing a stroller (circle one)?** Yes No

**How did you hear about the 2017 Ta-Ta Trot (circle one)?** Co-worker : Evan. Community Hospital : Facebook : Family: Friend :

Geisinger : PA Breast Cancer Coalition : Roadside Ad : Running Website, Group, or Event : Ta-Ta Trot Email Chain : Other

**Street Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Team Name (optional):** \_\_\_\_\_

**Team Captain (optional):** \_\_\_\_\_

**Ta-Ta Trot T-Shirt: 1 Performance Shirt included if registration received by June 8, 2017. NO EXCEPTIONS. (CIRCLE ONE) Size description and shirt material info on Shirts section of tatatrot.com**

**Youth:** XS S M L XL **Ladies:** XS S M L XL 2XL 3XL 4XL

**Adult Men:** S M L XL 2XL 3XL 4XL

     I DO NOT want a shirt. Please donate the \$ you would have otherwise spent to my beneficiary of choice (See Below).

**ADDITIONAL Ta-Ta Trot Shirts (Performance Material): \$15 Each. WHILE QUANTITIES LAST. NO EXCEPTIONS. Enter Quantity(ies) Desired in Box(es)**

	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>	<b>3XL</b>	<b>4XL</b>	<b>Total(s)</b>
<b>Youth</b>						N/A	N/A	N/A	
<b>Ladies</b>									
<b>Adult Men</b>	N/A								

**Pink Ribbon Cancer Patient Signs: \$10 Per Sign. Signs will be displayed throughout Ta-Ta Trot area. Please circle if the sign is In Memory Of or In Honor of the cancer patient. If more than 2 signs are purchased, please write In Memory or In Honor of with the individual's name on the back of this paper.**

1. In Memory/In Honor of \_\_\_\_\_

2. In Memory/In Honor of \_\_\_\_\_

**Donations (check one):**

**@ TA-TA TROT IN SELINGROVE ON 7/8/17**

     \$25 Teens/Adults

     \$15 Kids (Ages 5-12). Children under 5 are FREE and will not receive a swag bag nor performance shirt.

**FROM YOUR OWN HOME ON 7/8/17 – DO NOT CHOOSE IF YOU WILL BE PARTICIPATING IN SELINGROVE.**

     \$32 Teens/Adults (includes shipping)

     \$22 Kids (Ages 5-12). (includes shipping)

**OTHER**

     I am purchasing      additional Ta-Ta Trot T-Shirt(s) at \$15/shirt = \$\_\_\_\_\_.

     I am purchasing      pink ribbon sign(s) In Memory/In Honor of a cancer patient at \$10 per sign = \$\_\_\_\_\_

     I am unable to participate but here is my \$\_\_\_\_\_ donation.

     TOTAL ENCLOSED (including fee for Registration, Additional T-Shirts, Pink Ribbon Signs, and additional donations).

**Please make checks payable to: Ta-Ta Trot**

**Beneficiary of your choice. Descriptions found at tatatrot.com. Please give my donation to (check one):**

     Evangelical Community Hospital: Thyra M. Humphreys Center for Breast Health

     Geisinger Health System: Marie Lamey Foundation

     PA Breast Cancer Coalition

**If a beneficiary is not designated your donation will be given to the PA Breast Cancer Coalition.**

**Race Waiver & Release (Must be signed by each participant):**

**PHOTOGRAPHIC AND RESULTS RELEASE and WAIVER AND RELEASE OF CLAIMS**

**I AGREE THAT ANY AND ALL REPRESENTATIONS MADE AND RELEASES, WAIVERS, COVENANTS, CONSENTS AND PERMISSIONS GIVEN BY ME HEREUNDER ARE GIVEN ON BEHALF OF ME AND ANY AND ALL OF MY MINOR CHILDREN OR PERSONS OVER WHOM I HAVE GUARDIANSHIP PARTICIPATING IN OR ATTENDING THE EVENT.**

I know that participating in the 2017 Ta-Ta Trot by either running or walking in the event is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I also know that there will be traffic, hazards, debris and poor footing on the course and assume the risk for running on it. I also assume any or all other risks associated with running, walking, or attending the 2017 Ta-Ta Trot including but not limited to falls, contact with other participants, the affects of the weather, getting lost, wildlife and insect attacks and all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Falcon Race Timing, all municipalities in which the event is held including but not limited to Selinsgrove Borough, the 2017 Ta-Ta Trot race director, course officials, all other organizations directly or indirectly associated with the 2017 Ta-Ta Trot, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the 2017 Ta-Ta Trot, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this 2017 Ta-Ta Trot. This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. Furthermore, I give my consent and permission to the Borough of Selinsgrove, Selinsgrove Police Department, Ta-Ta Trot, Inc., Evangelical Community Hospital, Geisinger Health System, and PA Breast Cancer Coalition, its affiliates and races, their sponsors and corporate sponsors, their successors, licensees, and assigns the irrevocable right to use, for any purpose whatsoever and without compensation, (i) any photographs, videotapes, audiotapes, or other recordings of me that are made during the course of the 2017 Ta-Ta Trot event (the "Event"); and (ii) the results of my participation in this Event (e.g., race time, name, participant number). I understand that (i) my consent to these provisions is given in consideration for being permitted to participate in this Event; (ii) I may be removed from this competition if I do not follow all the rules of this Event; and (iii) I am a voluntary participant in this Event. I am in good physical condition and am solely responsible for my personal health, safety and personal property. **I KNOW THAT THIS EVENT IS A POTENTIALLY HAZARDOUS ACTIVITY AND I HEREBY VOLUNTARILY ASSUME FULL AND COMPLETE RESPONSIBILITY FOR, AND THE RISK OF, ANY INJURY OR ACCIDENT THAT MAY OCCUR DURING MY PARTICIPATION IN THIS EVENT OR WHILE ON THE EVENT PREMISES (COLLECTIVELY, "MY PARTICIPATION"). TO THE FULLEST EXTENT OF THE LAW, I, FOR MYSELF, MY NEXT OF KIN, MY HEIRS, ADMINISTRATORS, AND EXECUTORS (COLLECTIVELY, "RELEASORS"), HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST (I) THE BOROUGH OF SELINGSGROVE, SELINGSGROVE POLICE DEPARTMENT, TA-TA TROT, INC., EVANGELICAL COMMUNITY HOSPITAL, GEISINGER HEALTH SYSEM, PA BREAST CANCER COALITION AND ALL OTHER AFFILIATES AND THEIR RESPECTIVE DIRECTORS, OFFICERS, VOLUNTEERS, AGENTS AND EMPLOYEES; (II) ANY EVENT SPONSORS; AND (III) ALL OTHER PERSONS OR ENTITIES ASSOCIATED WITH THIS EVENT (COLLECTIVELY, THE "RELEASEES") FOR ANY INJURY OR DAMAGES I MIGHT SUFFER IN CONNECTION WITH MY PARTICIPATION. THIS RELEASE APPLIES TO ANY AND ALL LOSS, LIABILITY, OR CLAIMS I OR MY RELEASORS MAY HAVE ARISING OUT OF MY PARTICIPATION, INCLUDING BUT NOT LIMITED TO, PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SUCH LOSSES, LIABILITIES, OR CLAIMS BE CAUSED BY FALLS, CONTACT WITH AND/OR THE ACTIONS OF OTHER PARTICIPANTS, CONTACT WITH FIXED OR NON-FIXED OBJECTS, CONTACT WITH ANIMALS, CONDITIONS OF THE EVENT PREMISES, NEGLIGENCE OF THE RELEASEES, RISKS NOT KNOWN TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME, OR OTHERWISE.** This Photographic and Results Release and Waiver and Release of Claims (collectively, the "Release") shall be construed under the laws of the state in which the Event is held. In the event any provision of this Release is deemed unenforceable by law, (i) Borough of Selinsgrove, Selinsgrove Police Department, Ta-Ta Trot, Inc., Evangelical Community Hospital, Geisinger Health System, and PA Breast Cancer Coalition shall have the right to modify such provision to the extent necessary to be deemed enforceable; and (ii) all other provisions of this Release shall remain in full force and effects.

I understand that I have given up substantial rights by signing this Release, and have signed it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of liability to the greatest extent allowed by law.

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Trotter's Name

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Trotter's SIGNATURE

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Parent's or Guardian's  
Signature if under age 18

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Date

**PAPER REGISTRATION, ALONG WITH CHECK, ACCEPTED UNTIL 6/08/17. NO EXCEPTIONS.**

Mail to: Ta-Ta Trot: PO Box 310: Northumberland, PA 17857. ***Please make checks payable to: Ta-Ta Trot***

**AFTER 6/08/17, REGISTER ON-LINE via [www.tatatrot.com](http://www.tatatrot.com) until July 1<sup>st</sup> @ 1159 PM EST, at the July 7<sup>th</sup> Packet Pick-up, or the day of the Ta-Ta Trot starting at 6:30 AM in the Selinsgrove High School Cafeteria.**