

Keep BRAVO Running 5K

**Sunday, May 23, 2010
10:00 am
Bay Ridge, Brooklyn
Shore Road Path
at 101st Street**



**Awards ceremony in
John Paul Jones Park
(4th Ave. & 101st Street)
immediately following
the race**

- All numbers will be given out and race day registration will take place by the start line from 8:45-9:45am.
- Fee – Pre-registration by mail \$15; \$20 for race day registration.
- Awards – Top 3 male and female runners.
- Course - Flat, fast, scenic, out and back run along the Narrows overlooking Manhattan, Staten Island and the Verrazano-Narrows Bridge.
- Shoewallets guaranteed to the first 100 entrants.
- Contact bravo5krun@gmail.com for any questions.

Keep BRAVO Running 5K Entry Form

Please print neatly and fill out completely.

Name: _____

Mailing Address: _____

E-Mail: _____

Gender (circle one): male female

- Please make checks payable to: BRAVO Volunteer Ambulance.
- Mail race entry to BRAVO 5K, 6801 Shore Road #1G, Brooklyn, NY 11220

I will be unable to participate but I have enclosed my donation of \$_____.

Liability Waiver and Release

Upon acceptance of my entry, I, for myself, my heirs & assigns, hereby release the sponsors & officials of the Keep BRAVO Running 5K from any liability arising from illness, injury, or death I may suffer as a result of my participation in this event. I attest that I am physically fit & have sufficiently trained for this event & I am aware that my participation could, in some circumstances, result in physical injury. I give permission for free use of my name & picture in any broadcast, telecast or written account of this event. I also understand that the entry fee is NON-REFUNDABLE.

Date

Signature (and Parent/Guardian if under 18)