

# ZERO

## PROSTATE CANCER RUN/WALK

CAPITAL AREA • 2019

Race Distance (Please circle): **5K**    **1 Mile**    **Kids Dash**    **Snooze for Dudes**

Team Name: \_\_\_\_\_ Bib Number: \_\_\_\_\_ Race Date: June 15, 2019

Participant First Name: \_\_\_\_\_ Participant Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender (M/F): \_\_\_\_\_ Email: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Phone: \_\_\_\_\_ Mailing Address: \_\_\_\_\_

\_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact Information (Name and Phone Number): \_\_\_\_\_

**How are you connected to prostate cancer?**

- |  |  |
|--|--|
| <input type="checkbox"/> I am a family member of a patient/survivor of prostate cancer | <input type="checkbox"/> I am a caregiver                        |
| <input type="checkbox"/> I am a friend of a patient/survivor of prostate cancer        | <input type="checkbox"/> I am a medical professional             |
| <input type="checkbox"/> I am a prostate cancer patient/survivor                       | <input type="checkbox"/> I work in the medical community         |
| <input type="checkbox"/> I am a family member of a loved one lost to prostate cancer   | <input type="checkbox"/> I have no connection to prostate cancer |
| <input type="checkbox"/> I am a friend of a loved one lost to prostate cancer          | Other: _____   |

**Are you interested in volunteering in your local community with ZERO - The End of Prostate Cancer? (Yes/No)**

Card Holder's First Name: \_\_\_\_\_

Card Holder's Last Name: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Security Code (on back of card) \_\_\_\_\_

Billing Address: \_\_\_\_\_

Billing City: \_\_\_\_\_ Billing State: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

Kids Cape  
 YM  
 YL  
  
 WS  
 WM  
 WL  
 WXL  
 WXXL  
  
 MS  
 MM  
 ML  
 MXL  
 MXXL  
 MXXXL  
  
 **No Shirt**, I'd like to donate the cost of my shirt to help end prostate cancer.

**Mail check** (made out to ZERO - The End of Prostate Cancer) and completed form to:

**ZERO - The End of Prostate Cancer**  
 Attn: Capital Area Race  
 515 King Street, Suite 420  
 Alexandria, VA 22314

**Additional Donation:**  
 \$ \_\_\_\_\_

TYPE	DESCRIPTION	FEE*
5K	All Ages	\$35
1 Mile	All Ages	\$20
Kids Superhero Dash for Dad	Kids (ages 0 – 9)	\$15
Snooze for Dudes	Participate virtually and sleep in to fight prostate cancer.	\$35
5K (Patient/Survivor)	ZERO's Heroes (Patient/Survivor)	\$25
Race Day Volunteer		Free

**Participant Waiver:**  
 I know that running/walking in a road race is a potentially hazardous activity and that I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the ZERO Prostate Cancer Run/Walk - Capital Area, ZERO - The End of Prostate Cancer, Potomac Urology, Pacers Event Management, Pacers Running Store, City of Arlington, Road Runners Club of America, City of Arlington, and all other sponsors or vendors, their representatives, all volunteers, and all their successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use my image, name and/or likeness as may be captured in any photographs, motion pictures, recordings, or any other record of this event for promotional and other legitimate purposes.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\* All price types (except Snooze for Dudes and Race Day Volunteer) will have a \$5 increase once online registration is closed for in person packet pick-up/race day registration.