



🏃 The Phoenix Sister Cities 5K Run & Walk is for EVERYONE! 🏃

Phoenix Sister Cities is a 501(c)(3) nonprofit organization that exists to create people-to-people relationships through a variety of educational, cultural, and artistic exchange programs and events. We invite you to complete a virtual 5K with us this year!

For more information about Phoenix Sister Cities, visit [phoenixsistercities.org](http://phoenixsistercities.org)

**Complete your 5K by President’s Day 2021:** Monday, February 15, 2021

**Prices:**

- **Phoenix Sister Cities Members:** \$30
- **Non-Members:** \$35
- **Family/Team Discount for 5 runners/walkers:** \$125

🏃 AFTER YOU REGISTER, YOU WILL RECEIVE A T-SHIRT AND FACE MASK IN THE MAIL. PLEASE ALLOW UP TO SEVEN (7) BUSINESS DAYS TO RECEIVE YOUR ITEMS.

🏃 All Non-Members will receive a **FREE** Phoenix Sister Cities Individual Membership with registration (\$45 value!).

Mail this form to Phoenix Sister Cities at **200 W. Washington St. 20<sup>th</sup> Floor, Phoenix, AZ 85003.**

- Please make all checks payable to **Phoenix Sister Cities.**

OR Register online at <https://www.phoenixsistercities.org/event/5k20/>

**Questions?** Call 602-534-3751 or email [emily.smolenski@phoenix.gov](mailto:emily.smolenski@phoenix.gov)

-- CUT HERE ----- MAIL-IN FORM BELOW ----- CUT HERE --

**Full Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_

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

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

**I will complete my 5K by (e.g. biking, hiking, running):** \_\_\_\_\_

**T-Shirt Size** (please circle one):    Small            Medium            Large            X-Large            XX-large            XXX-Large

**How did you hear about this race** (please circle one):    Friend/Family    Social Media    other: \_\_\_\_\_

**(OPTIONAL) I will be completing my 5K in honor/memory of... [Please Insert Full Name]:** \_\_\_\_\_

**WAIVER:** In consideration of submitting this entry, I, the undersigned, intending to be legally bound hereby, for myself and my heirs, executors, and administrators waive and release all rights and claims for damage I may have against the City of Phoenix, Phoenix Sister Cities and its affiliates, and/or anyone associated with this event, their representatives, successors, sponsors, volunteers and assigns for any and all injuries suffered by me in said event. I will additionally permit the free use of my name and pictures in broadcasts, telecasts, newspapers, etc. By signing below, I have read and understood the contents of the waiver.

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

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

(PARENT OR GUARDIAN REUIRED IF UNDER 18 YRS OF AGE)

If you are registering a team of five (5), please fill out a form for each participant. Thank you!

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**PARTICIPANT #2**

Full Name: \_\_\_\_\_ Address: \_\_\_\_\_

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

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

I will complete my 5K by (e.g. biking, hiking, running): \_\_\_\_\_

T-Shirt Size (please circle one): Small Medium Large X-Large XX-large XXX-Large

How did you hear about this race (please circle one): Friend/Family Social Media other: \_\_\_\_\_

(OPTIONAL) I will be completing my 5K in honor/memory of... [Please Insert Full Name]: \_\_\_\_\_

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

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

(PARENT OR GUARDIAN REUIRED IF UNDER 18 YRS OF AGE)

**PARTICIPANT #3**

Full Name: \_\_\_\_\_ Address: \_\_\_\_\_

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

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

I will complete my 5K by (e.g. biking, hiking, running): \_\_\_\_\_

T-Shirt Size (please circle one): Small Medium Large X-Large XX-large XXX-Large

How did you hear about this race (please circle one): Friend/Family Social Media other: \_\_\_\_\_

(OPTIONAL) I will be completing my 5K in honor/memory of... [Please Insert Full Name]: \_\_\_\_\_

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

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

(PARENT OR GUARDIAN REUIRED IF UNDER 18 YRS OF AGE)

**PARTICIPANT #4**

Full Name: \_\_\_\_\_ Address: \_\_\_\_\_

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

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

I will complete my 5K by (e.g. biking, hiking, running): \_\_\_\_\_

T-Shirt Size (please circle one):    Small            Medium            Large            X-Large            XX-large            XXX-Large

How did you hear about this race (please circle one):    Friend/Family    Social Media    other: \_\_\_\_\_

(OPTIONAL) I will be completing my 5K in honor/memory of... [Please Insert Full Name]: \_\_\_\_\_

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

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

(PARENT OR GUARDIAN REUIRED IF UNDER 18 YRS OF AGE)

**PARTICIPANT #5**

Full Name: \_\_\_\_\_ Address: \_\_\_\_\_

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

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

I will complete my 5K by (e.g. biking, hiking, running): \_\_\_\_\_

T-Shirt Size (please circle one):    Small            Medium            Large            X-Large            XX-large            XXX-Large

How did you hear about this race (please circle one):    Friend/Family    Social Media    other: \_\_\_\_\_

(OPTIONAL) I will be completing my 5K in honor/memory of... [Please Insert Full Name]: \_\_\_\_\_

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

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

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