

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

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. 20th 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

CUT HERE			MAIL-IN	FORM BE	LOW		CUT	HERE
Full Name:				Addre	ss:			
City:	State:	Zip:	Ph	one:				
Email:								
I will complete my								
T-Shirt Size (please	e circle one):	Small	Medium	Large	X-Large	XX-large	XXX-Large	
How did you hear	about this race	e (please circle	e one): Frien	d/Family	Social Media	other:		
(OPTIONAL) I will b	oe completing	my 5K in hon	or/memory o	of [Pleas	e Insert Full Na	ame]:		
heirs, executors, ar Phoenix Sister Citie volunteers and assi	nd administrate es and its affilia igns for any an	ors waive and ites, and/or and d all injuries s	release all rig nyone associa uffered by m	ghts and cl ated with t e in said e	aims for dama his event, thei vent. I will add	ge I may have r representati litionally perm	nd hereby, for myself and against the City of Photoves, successors, sponsorit the free use of my nathe contents of the waive	enix, rs, me and
Signature:							Date:	
Signaturo:							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!

CUT HERE			CL	JT HERE			CUT HERE
PARTICIPANT #2							
Full Name: Address:							
City:	State:	Zip:	Pho	one:			
Email:							
I will complete m	y 5K by (e.g. bik	ing, hiking, ru	ınning):				
T-Shirt Size (pleas	e circle one):	Small	Medium	Large	X-Large	XX-large	XXX-Large
How did you hear	about this race	(please circle	one): Frien	d/Family	Social Media	other:	
(OPTIONAL) I will	be completing i	my 5K in hono	or/memory o	of [Pleas	Insert Full Na	me]:	
Phoenix Sister Citi volunteers and as	ies and its affilia signs for any and	tes, and/or ar d all injuries s	nyone associa uffered by mo	ited with t e in said e	his event, their vent. I will addi	representati tionally perm	e against the City of Phoenix, ves, successors, sponsors, nit the free use of my name and the contents of the waiver.
Signature:							Date:
Signature:		T OR GUARDIA					Date:
PARTICIPANT #3							
Full Name:				Addre	ss:		
City:	State:	Zip:	Pho	one:			
Email:							
I will complete m	y 5K by (e.g. bik	ing, hiking, ru	ınning):				
T-Shirt Size (pleas	e circle one):	Small	Medium	Large	X-Large	XX-large	XXX-Large
How did you hear	about this race	(please circle	one): Frien	d/Family	Social Media	other:	
(OPTIONAL) I will	be completing i	my 5K in hond	or/memory o	of [Pleas	e Insert Full Na	me]:	
heirs, executors, a Phoenix Sister Citi volunteers and as	and administrato les and its affilia signs for any and	ors waive and tes, and/or ar d all injuries s	release all rig nyone associa uffered by mo	ghts and cl Ited with t e in said e	aims for dama his event, their vent. I will addi	ge I may have representati tionally perm	nd hereby, for myself and my e against the City of Phoenix, ves, successors, sponsors, hit the free use of my name and the contents of the waiver.
Signature:							Date:
Signature:							Date:

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

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.

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]:

Signature:	Date:
Signature:	Date:

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

PARTICIPANT #5

Full Name:									
City: State: Zip: Phor				one:					
Email:									
I will complete my 5I	K by (e.g. bik	ng, hiking, r	unning):						
T-Shirt Size (please ci	ircle one):	Small	Medium	Large	X-Large	XX-large	XXX-Large		
How did you hear ab	out this race	(please circ	le one): Friend	d/Family	Social Medi	a other:			
(OPTIONAL) I will be	completing i	ny 5K in hor	nor/memory o	f [Pleas	e Insert Full N	lame]:			

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: