



WAIVER FORM

Queens Centers for Progress Footsteps for Progress 5K Run/Walk/Roll
Alley Pond Park – Springfield Playground (76th Ave & Springfield Blvd)
April 26, 2025
8am – 1pm

I, the undersigned in consideration of being permitted to participate in waive and release any and all claims and hold QCP harmless against demands which I or my heirs, personal representatives or assigned may have against Queens Centers for Progress regarding my participation in the walk. In the event of any and all injuries or illnesses sustained by me or any aggravation of any illness or injury while participating in the walk I hold QCP harmless. I hereby give my consent for Queens Centers for Progress to use my photograph and likeness to be used in its publications, on its website, Social media pages and in releases to the press following the event.

Please Print:

Name _____

Address _____

City _____ **State** _____ **Zip Code** _____

Cell number _____

E-mail Address _____

Shirt Size _____ (Event t-shirts will be distributed to walkers who donate or fundraise \$35+)

Age _____ **Gender** _____

High School (if applicable): _____

Participant's Signature Date

Parent/Guardian Signature (if under 18) Date

Mail, email or Fax Waiver forms to:

Queens Centers for Progress
Footsteps for Progress Annual Walk
81-15 164th Street, Jamaica, NY 11432
Fax: 718-380-0483, Email: jlakhani@queenscp.org