

Official Entry Form  
**2025 Folsom Swim/Run**  
 Black Miners Bar, Folsom, CA



**Personal Information**

Last Name \_\_\_\_\_ Street Address \_\_\_\_\_  
 First Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Gender Male Female Phone \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Email \_\_\_\_\_  
 Race Day Age \_\_\_\_\_ Team/Club \_\_\_\_\_

**Please complete the following registration information:**

Category	Division								
	Individual	Relay	19 & Under	20-29	30-39	40-49	50-59	60-69	70+

**Prices**

	Until 12/1	Until 6/1	Until Race Day	Race Day
Short Course Individual	\$80	\$100	\$110	\$120
Short Course Team	\$150	\$180	\$200	\$220
Long Course Individual	\$100	\$120	\$130	\$140
Long Course Team	\$180	\$220	\$240	\$260

**Please send completed form and check to:**

Total Body Fitness      Make checks payable to:  
 5209 Blaze Ct.            **TOTAL BODY FITNESS**  
 Rocklin, CA 95677      Total Amount Enclosed: \$ \_\_\_\_\_

**TBF Racing Refund Policy**

TBF Racing has a NO REFUND POLICY on all of our events. A refund requested prior to the Monday preceding the race will be given a TBF Racing Credit, set to expire at the end of the calendar year, for the amount of the entry fee minus a \$25 processing fee. CREDITS WILL NOT BE ISSUED DURING RACE WEEK.

**The following TBF Racing Release Waiver must be signed by all participants:**

ALL ATHLETES MUST READ CAREFULLY BEFORE SIGNING WAIVER AND RELEASE FROM LIABILITY. In consideration of my entry and of my own free will, I for myself, my heirs, executors and administrators forever waive, release and give up any claims, demands, liability damages, costs and expenses of any kind whatsoever, including personal injuries to me or wrongful death, against TOTAL BODY FITNESS, and all sponsors, subcontractors and volunteers which may rise caused in whole or in part by my or others negligence or other fault of the parties or persons I am hereby releasing by the dangerous condition of any property or equipment owned, maintained or controlled by them and, or by their liability without default. I AM AWARE OF ANY POTENTIAL HAZARDS AND I FULLY UNDERSTAND THAT I AM FOREVER GIVING UP IN ADVANCE ANY RIGHT TO SUE OR MAKE CLAIM AGAINST THE PARTIES I AM RELEASING IF I SUFFER SUCH INJURIES OR DAMAGES EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES OR DAMAGES MIGHT BE AND AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES AND DAMAGE. I have read and fully agree to the above.

**Signature** (Parent/Guardian if Under 18) \_\_\_\_\_ **Date** \_\_\_\_\_