



10K and 5K Run/Walk | Saturday, October 8, 2011

LOCATION: The Parkway Trails, Folsom CA
Major cross streets: East Natoma and Blue Ravine Rd
TIME: Run starts at 8:00 am, Registration 6:30 – 7:45 am
PACKET PICK UP: Friday October 7th 9:00 am - 7:00 pm
Raley's 25025 Blue Ravine Road Folsom (916) 351-1151
PRE-REG: www.runforcourage.org

Table with 3 columns: Distance, Early, After Sept. 30th. Rows for 10K and 5K distances, each with Adult and Child pricing.

\* Team (5 or more) receives a \$5 discount per runner

-----PLEASE PRINT-CUT HERE-----

MAIL TO: Run For Courage, 3941 Park Dr Ste 20-200 El Dorado Hills, CA 95762

Shirt Size: (circle) S/M/LG/XL/2XL or YS/YM/YL

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

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

Gender: M F Age: \_\_\_\_\_ Phone: \_\_\_\_\_

TEAM NAME (if any): \_\_\_\_\_

MAKE CHECKS PAYABLE TO: Run For Courage Inc. (Tax ID: 27-4594317)

In consideration of being permitted to participate in any way in the 2nd Annual Run For Courage 5K & 10K Run on October 8, 2011 (the "Event"), I, for myself, my heirs, personal representatives, assigns, and next of kin do hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE Run For Courage, Inc., its officers, directors, agents, volunteers, and employees, other participants, any sponsors, vendors, and advertisers from liability from any and all claims including the negligence of Run For Courage, Inc., its officers, directors, agents, volunteers, and employees, other participants, any sponsors, vendors, and advertisers resulting in personal injury, accidents, or illnesses (including death) and property loss arising from, but not limited to, participation in this Event. Participation in this Event carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. Specific risks include, but are not limited to, 1) minor injuries such as scratches, bruises, and sprains, 2) major injuries such as joint or back injuries, heart attacks, and concussions, 3) catastrophic injuries including paralysis and death. I know, understand, and appreciate these and other risks that are inherent in this Event. I hereby assert that my participation is voluntary and that I KNOWINGLY ASSUME ALL SUCH RISKS. I also agree to INDEMNIFY AND HOLD Run For Courage, Inc., its officers, directors, agents, volunteers, and employees, other participants, any sponsors, vendors, and advertisers HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in this Event and to reimburse Run for Courage, Inc., its officers, directors, agents, volunteers, and employees, other participants, any sponsors, vendors, and advertisers for any such expenses incurred. I have read and understand the terms of this agreement, understand that I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, have signed it voluntarily and without any inducement or assurance of any kind and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law. I agree that if any portion of this Agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

I understand that at this Event, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by Run For Courage, Inc., its sponsors, organizers, advertisers and assigns. Applications for minors will be accepted only with a parent's signature and all children under the age of 15 participating in any way in the Event must be accompanied by an adult during the entire Event.

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