

1ST ANNUAL



Have a Heart Run 2010

Mail in Entry Form:

Saturday May 22, 2010

9:30 am - Registration 8:15-9:15

Have a Heart Run Registration Form (one form per participant)

First Name _____ Last Name _____

Mailing Address _____

City _____ State _____ Zip _____

Date of Birth _____ Age _____ Phone (_____) _____ - _____ Sex: M / F
(Circle One)

Email _____

Race: 10K 2Mile
(Circle One)

T-Shirt Size: Adult S M L XL
(Circle One) Youth S (6-8) M (10-12) L (14-16)

Pre-registration (by May 19): \$30

Day of Race: \$35

T-Shirts: \$15

Makes Checks Payable to: Skagit County Community Action
Mail Entries to: 330 Pacific Place, Mount Vernon, WA 98273
Race Coordinator: Susan Lange • 360-588-5737
susanl@skagitcap.org

STATEMENT OF RELEASE

In consideration of the acceptance of my entry, I do hereby, for myself and heirs, executors and administrators waive release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me against the Skagit Runners, Skagit County Community Action Agency, and Skagit County or its respective officers, agents, representatives, successors or anyone else associated with this race, for any or all damages which may be sustained or suffered by me in connection with my participation in this event. I understand that insurance coverage is NOT provided for this event. I have read the above statement. I attest and verify that I have knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate in this event.

Parent signature is required if entrant is under 18 years of age. This is to certify that my child has the permission to compete in this event, is in good physical condition, and the event officials may authorize necessary emergency medical treatment.

I understand that this event is Road Runners Club of America sanctioned and that bicycles, skateboards, baby joggers or strollers, roller skates or blades, headsets, and animals are not allowed in the race, and I will abide by these guidelines.

By signing this application, I am stating that I have read and agree to the terms and conditions above.

Signature _____ Date _____

If participant is under the age of 18, a parent or legal guardian signature is required.