COMMUNITY FUN RUN

a run * for fun * for everyone

CenterPlace @ Mirabeau Park

2426 N. Discovery Place
Spokane Valley

Saturday April 20, 2013 9:00 am

Check-in begins at 8:15 am

- This is a virtually flat, out-and-back 5k course.
- Beginning at the Centennial Trail near CenterPlace, the course proceeds toward Sullivan Rd. along the Spokane River and back.
- Children under 5 are free.

For additional information:
Call Darci at 509-789-8327
Or www.arc-spokane.org/CFR

Sponsored by: Washington Parks Department

The Arc of Spokane

Inclusion Network

SPOKANE FATHERS NETWORK

REGISTRATION FORM

Mail Registration Form and Check to: **Arc of Spokane ~ 320 E. Second Ave. ~ Spokane, WA 99202**

Please check the appropriate box:

INDIVIDUAL
- ☐ INDIVIDUAL REGISTRATION ($14.00)
- ☐ INDIVIDUAL W/O T-SHIRT ($10.00)
- ☐ CHILD UNDER 5 YEARS OLD (FREE)

TEAM ** **(Max. number of members per team: 10)**
- ☐ TEAM CAPTAIN $50.00 (includes shirt)
- ☐ TEAM MEMBER SHIRT ($7.00 each)
- ☐ TEAM MEMBER WITHOUT SHIRT (Free)

TEAM NAME: _____

FIRST NAME _____ MI __ LAST NAME _____
ADDRESS _____
CITY _____ ST _____ ZIP _____ PHONE _____

SIZE (CIRCLE ONE) Youth: S M L EMAIL _____
~T-Shirts run large ~ Adult: S M L XL XXL AGE _____ ☐ M ☐ F

One T-Shirts is included in the cost of individual registration.
One T-Shirt is included in the cost of team registration.
Team members will need to pay $7.00 per shirt.

Bloomsday Road Runner Club Race Series

T-shirts are only guaranteed for registrations received by April 8, 2013

TOTAL ENCLOSED $_____

WAIVER: I know that participating in this walk/run is potentially hazardous. I should not enter unless I am medically able and properly trained. I also assume any and all risks associated with this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, snow, ice, rain, or freezing temperatures, and the condition of the roads and traffic, all such risks being known and understood by me.
Having read this waiver, and knowing these facts, and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Washington Parks Department, The Arc of Spokane, race director(s), race volunteers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of participation in this event.
I give The Arc of Spokane permission to use any photos of me taken at the event for promotional purposes.
I have read the above statement, I understand it, and my signature confirms its full acceptance.

Signature _____ Date _____

Parent/guardian signature _____ Date _____
(If under 18 or otherwise applicable)

*** Each team participant will need a separate registration form filled out with liability waiver signed*