



A fitness event for the whole family!

## Downtown Mebane Saturday Sep 10 2011

**5k and 10K - 8 am**  
**Mad Dash - 9:30 am**  
(Rain or shine)

### Participant Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Gender m  f  E-mail \_\_\_\_\_

Phone Day \_\_\_\_\_ Evening \_\_\_\_\_

Shirt Size\* Adult Sizes s  m  l  xl  Youth Sizes s  m  l

\* T-shirts guaranteed for pre-registered 5k and 10k participants only. Day-of registrants will get t-shirts on a first-come, first served basis.

### I am Registering for the

5k  10k

Send completed registration forms and fees to: Denise Snyder • 503 Redwood Court • Mebane, NC 27302  
Checks should be made out to Mebane Woman's Club .

### Fees

Adult (15 and up) - \$25 through September 3; \$30 after September 3 and day-of  
Youth (14 and under) - \$20 through September 3; \$25 after September 3 and day-of

Register online at Active.com through September 3. Mad Dash registration day-of only—suggested donation \$1.

### LIABILITY WAIVER

In consideration of participating in Mebane on the Move, and its related events and activities, I, \_\_\_\_\_, the undersigned:

1. Acknowledge, appreciate, and agree that I am voluntarily participating at my own risk.
2. Acknowledge and am aware of the risk of injury from the activities involved in this program and, I knowingly assume all such risks.
3. I for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEARBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE MEBANE WOMEN'S CLUB, THE CITY OF MEBANE, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity, WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
4. Give permission for the free use of my name, picture and voice in any broadcast, telecast, print account, or any other account in any medium of this event.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS AND SIGN IT FREELY AND VOLUNTARILY.

Signature \_\_\_\_\_ Date \_\_\_\_\_