

Resolution Run 5K - Entry Form - January 1, 2012

FILL OUT COMPLETELY • PRINT CLEARLY • ONE ENTRANT PER FORM • COPIES OK • NO REFUNDS

FIRST NAME

LAST NAME

STREET ADDRESS

PHONE

CITY

STATE

ZIP CODE

E-MAIL

READ THIS: I know that participating in a road race/walk is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree and abide by any decision of a race official relative to my ability to safely complete the event. I assume all risk associated with participating in this event including, but not limited to falls, contact with other participants, the effects of weather, including frigid waters, shrinkage, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf waive and release Pro-Motion Events, Inc., the City of Seattle, Club Northwest, The End Result Co., USA Track & Field, all sponsors, their representatives and successors from all claims or liability of any kind arising out of my participation even though said liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings, my e-mail address or any other record of this event for any legitimate purpose. This waiver may also be used to certify that my child has permission to compete in this event, is in good physical condition and that event officials my authorize necessary emergency treatment. ENTRIES CANNOT BE ACCEPTED WITHOUT A VALID SIGNATURE! I WILL BE CHARGED \$30 FOR MY UN-RETURNED TIME CHIP.

Signature _____ Date _____ Parent or Guardian (if under 18) _____

Pre-register By Mail Through December 24, 2011 Make Checks Payable To: Pro-Motion Events, Inc. P. O. Box 31789 Seattle, WA 98103

AGE 1/1/12 SEX M F BIB #

Date of Birth Youth Size M L Adult Size S M L XL

Month Day Year

Individual Participant

5K Run/Walk
 5K Polar Bear Dive Run/Walk
 Kids Dash (10 and under)
 Club Northwest Member

Two Person Double-Dip Team Participant
Team Registration: Important! To register your team, complete two registration forms and mail together, with each person referenced on each others form.

Male-Female Male-Male Female-Female

TEAM NAME: _____

TEAM MATE NAME: _____

NON REFUNDABLE ENTRY FEES	
\$30 Through December 31, 2011	
\$15 (Club NW Member, except race day)	
\$40 On January 1, 2011 (Race day)	
\$10 Youth T-shirt (Free Kids Dash)	\$