Run on the streets around Green Lake Park!

2012 Love 'em or Leave 'em Valentine's Day Dash

Fill out completely — Please print clearly — One entrant per form/copies OK
Entry Fee $30.00 on or before February 10th, 2012 • Entry Fee is $40.00 on February 11th, 2012

First Name _____ Last Name _____

Street Address _____

City _____ State _____ Zip Code _____

E-Mail _____

Day Phone _____ Team Name _____

Age on 2/11/12 _____ Sex M F BIB # _____

Date of Birth Month _____ Day _____ Year _____

Youth Size M L Adult Size S M L XL

☐ Individual 5K run/walk Participant

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

TEAM MADE OF:

- ☐ **Mixed 1** (M&W combined age 59 & under)
- ☐ **Mixed 2** (M&W combined age 60 to 79)
- ☐ **Mixed 3** (M&W combined age 80 to 99)
- ☐ **Mixed 4** (M&W combined age 100 & over)
- ☐ **Women's 1** (W&W combined age 59 & under)
- ☐ **Women's 2** (W&W combined age 60 to 79)
- ☐ **Women's 3** (W&W combined age 80 to 99)
- ☐ **Women's 4** (W&W combined age 100 & over)
- ☐ **Men's 1** (M&M combined age 59 & under)
- ☐ **Men's 2** (M&M combined age 60 to 79)
- ☐ **Men's 3** (M&M combined age 80 to 99)
- ☐ **Men's 4** (M&M combined age 100 & over)

PLEASE READ & SIGN: 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 to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of weather, including high humidity, 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 The End Result Co., City of Seattle, Pro-Motion Events, Inc., USATF/PNTF, 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 my email address, any photographs, motion pictures, recording or any other record of this event for any legitimate purpose. This is to certify that my child has permission to compete in this event, is in good physical condition and that event officials may authorize necessary emergency treatment.
I WILL BE CHARGED $30 FOR UNRETURNED TIMING CHIPS. ENTRIES CANNOT BE ACCEPTED WITHOUT A VALID SIGNATURE!

Signature _____ **Date** _____ **Parent or guardian (if under 18)** _____ **Date** _____

Non-Refundable Entry Fees	
$10 Youth T-shirt (free Kid's Dash)	
$30 Through Feb 10th, 2012	
$40 On Feb 11th, 2012 (race day)	$

Pre Register By Mail through Feb. 4th, 2012 Make checks payable to: Pro-Motion Events, Inc. PO Box 31789 Seattle, WA 98103

Race Day Schedule:

8:00 a.m. - Day of race registration opens
9:10 a.m. - Kid's Dash
9:30 a.m. - 5K Run/Walk
10:00 a.m. - Post Race Celebration