



Join in CARDV's Mother's Day Run/Walk for Safe Families

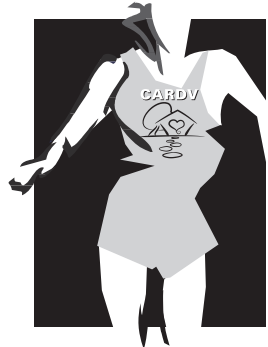
Center Against Rape and Domestic Violence

Saturday, May 8, 2010

Downtown Corvallis

(Second Street and Western Boulevard)

www.cardvservices.org/runwalk



CARDV Mother's Day Run/Walk for Safe Families Registration Form

- Pre-registration entry fee for both Runners and Walkers is \$20; includes a T-shirt.
- Late entries received after 5pm, Thursday, April 29, 2010, are \$25; does not include a T-shirt.
- Free entry for kids under 8; registration form required; does not include T-shirt.
- Everyone is encouraged, but not required, to solicit funds from supporters. Individuals and teams who submit collected funds to CARDV by 5pm, Thursday, April 29, are eligible for "Friend-Raising" prizes ("Friend-Raising" forms available online at www.cardvservices.org/runwalk).

- 5k Run 5k Walk Fun Walk • T-shirt size (adult sizes) S M L XL XXL XXXL
- I do not need another T-shirt—please donate the cost of my shirt to CARDV.
- Individual Part of a Team _____ (team name)

Total Amount Enclosed: \$ _____ (include entry fee and any funds collected)

please print

First Name: _____ Last Name: _____

Age: (on May 8, 2010) _____ Gender: F M Day Phone No.: _____

Street Address: _____ Email: _____

City: _____ State: _____ Zip: _____

RULES:

- Please do not leave personal items at the Start/Finish line as we are not responsible for your losses.
- No refunds will be made on race registration entry fees if you are not able to attend.
- For everyone's safety, dogs are not permitted on either course.
- Again, for safety, no strollers or race strollers on the 5k Run/Walk course. Strollers are welcome on the 2-mile Walk course.
- Please use public parking only.

Waiver: I know that participating in an organized athletic event is potentially hazardous, and that I should not enter to participate unless I am medically able and properly trained. I am also aware of the risks inherent in vigorous physical activity such as running or walking distances of up to 5 kilometers (approximately three miles). I understand that such risks are enhanced by weather conditions, vehicle traffic, uneven terrain, and other external factors not within the control of the sponsors of the event. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN CARDV'S MOTHER'S DAY RUN/WALK FOR SAFE FAMILIES. I certify that I am physically fit and that I have sufficiently trained. I agree to abide by all race rules. I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf, and I hereby forever waive, release and discharge from any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, or theft which may arise out of or related to my participation in this event. I waive and release any and all rights and claims against CARDV, its Board of Directors, staff, agents, employees, and representatives, the City of Corvallis, Benton County, and any and all persons, sponsors, volunteers, participants, or government agencies for any and all claims or liabilities that I have waived, released or discharged herein. I further assume and will pay my own medical and emergency expenses in the event of an accident, illness, or other incapacity regardless of whether I authorized such expenses. Further I hereby grant full permission to CARDV and its agents to use any photographs or videotapes of this event for legitimate purpose at any time. I also have read and understand the race rules listed above. Entry form must be signed, race/walk category and age must be marked, and payment must accompany entry form in order to register.

Signature (Must be signed; parent/guardian must sign if participant is under 18 years of age.)

Return Registration Form and fees by Thursday, April 29th

Mail to: CARDV • P.O. Box 914 • Corvallis, OR 97339 or

Drop off at: Five Star Sports • 219 SW Madison Ave. • Corvallis