



1st Annual Upper Valley Rally 5K Run

REGISTRATION FORM - Saturday, July 21, 2012 - 8:00 a.m.

Entry form must be completely filled out or it will not be processed. Please PRINT and double check for accuracy.

Last Name: _____ First Name: _____ M.I. _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

E-mail Address: _____ Phone (Day) _____

Age on Race Day: _____ Sex: M F

5K Run begins at Applewood Park in Naches. Loop through Naches onto the Greenway and back to the finish at the Art Deco Building.

This event is free to all participants.

RELEASE

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or 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 your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Hard Core Runners Club, it's officers and agents, the Town of Naches, Yakima Greenway Foundation, all sponsors, their represent-atives and successors, including officers, directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, wagons, roller skates or inline skates, and animals are not allowed in the race and I will abide by this guideline.

Participant's Signature

Date

Parent or guardian if participant is under 18

Date