

SOUND NARROWS

SATURDAY • JUNE 13 • 2009

Register online at www.soundtonarrows.org. Mail-in entries must be received by Tuesday, June 2.

PARTICIPANT NUMBER
OFFICIAL USE ONLY

LAST NAME

FIRST NAME

MAILING ADDRESS

CITY

STATE

ZIP

DAY PHONE (include area code)

EMAIL

DATE OF BIRTH

AGE (on 06.13.09)

SEX

ADULT SHIRT SIZE (check one)

 S M L XL XXL

YOUTH SHIRT SIZE (check one) \$12

 S M L

CREDIT CARD PAYMENT (circle one)



ACCOUNT NUMBER

EXP. DATE

Make checks payable to: Sound to Narrows 2009

WAIVER AND RELEASE: I know that running a road race or participating in an organized walking event, regardless of the distance, includes an element of risk. I should not enter and participate in Sound to Narrows 2009 (hereinafter "this event") unless I am medically able and properly trained. I agree to abide by all rules of event. I agree to abide by any decision of an event official relative to my ability to complete this event safely and I further agree that event officials may authorize necessary emergency treatment for me. I also understand that, although police protection will be provided, both vehicle traffic and spectators will be present along the course and I assume the risk of participating under such conditions. I further assume any and all other risks associated with participating in this event including, but not limited to, illness, traveling to and from the event, falls, contact with spectators or other participants, the effects of the weather (including temperature extremes and humidity) and the surface conditions of the roads and sidewalks, all such risks being understood and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge MultiCare Health System, MultiCare Health Foundation, Metropolitan Park District, Pierce County Parks Department, Hamilton Events, Inc., the City of Tacoma, Tacoma News, Inc., their officers, agents and employees, event officials, volunteers and any and all other sponsors, suppliers, agents, independent contractors, employees and any other personnel in any way assisting or connected with this event from any and all claims or liability of any kind or nature whatsoever 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 or parties named in this waiver. I also understand and agree that any sponsor may subsequently use, for publicity or promotional purposes, my name or pictures of me participating in this event without liability or obligation to me. Entries from minors will be accepted only with a parent or legal guardian's signature. Insufficient information will result in the entry being returned.

Event (choose one):

- 12k Run** (timed, select pace below) **5k Run** (timed)
- 12k Walk** **5k Walk**
- 2k Jr. Shuffle** (ages 4-10) **Diaper Dash** (3 and under)
- 12k Run Pace** (minutes per mile time):
- Green Wave** (7:30 per mile pace or faster) timed
- Yellow Wave** (7:31 to 8:30 per mile pace) timed
- Red Wave** timed (8:31 per mile pace or slower) untimed

Entry Fee (Entry fee is non-refundable)

- Early Bird** - \$25 per person (through May 14)
- Individual** - \$30 per person (May 15 - June 12)
- Child** - \$12 (10 and younger, with shirt)
- Child** - FREE (10 and younger, no shirt)
- Day of Event** - \$35 (shirt size not guaranteed)

MAIL PAYMENTS TO:

Sound to Narrows 2009
PO Box 5296
Tacoma, WA 98415-0296

SIGNATURE OF PARTICIPANT

DATE

SIGNATURE OF PARENT/LEGAL GUARDIAN (for participants under 18)

Form may be photocopied. One entry per person.