



The Resident Programs and Services Division

PRESENTS ITS

1st ANNUAL 10K/5K RUN/WALK

1-MILE FUN RUN/WALK

SATURDAY, OCTOBER 16, 2010 AT EVELYN HALLMAN PARK (FORMERLY CANAL PARK)



Please complete all fields. One entrant per form. No refunds.

Mail-in registration forms must be sent by: October 1, 2010 to receive early-entry fee savings

Please make checks payable to: Rainbow Housing Assistance Corporation

Mail to: 34975 N North Valley Pkwy Ste 152, Phoenix, AZ 85086

First Name grid

First Name

Last Name grid

Last Name

Address grid

Address

City grid

City

State grid

State

Zip Code grid

Zip Code

Age (on race day) grid

Age (on race day)

M/F grid

M/F

E-Mail Address grid

E-Mail Address

Phone Number grid

Phone Number

Shirt Size

S grid

S

M grid

M

L grid

L

XL grid

XL

XXL grid

XXL

FEES: Postmarked by October 1

Fee table for entries postmarked by October 1

Postmarked after October 1

Fee table for entries postmarked after October 1

Total Amount Enclosed \$

Method of Payment:

Cashier's Check and Personal Check checkboxes

Cashier's Check

Personal Check

Check #: _____

Team Name: _____

Are you the Team Captain? Y/N

** Registration Fee includes race entry, commemorative t-shirt, and refreshments. **

Please read and sign:

I know that running and volunteering to work in charity races are potentially hazardous activities. I should not enter and run in this race unless I am medically able and properly trained. I assume all risks associated with running and volunteering to work in charity races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known 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 Rainbow Housing Assistance Corporation, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in the race and/or race-day activities even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Waiver: By signature, I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risks involved. I further acknowledge that the race course contains uneven surface conditions, potholes, and curbs, which may create a risk; I further acknowledge that the race is on public roads and that vehicular traffic may be encountered, and I accept these risks. Therefore, in consideration of the acceptance of my entry, I for myself, my heirs, my executors, and administrators waive any and all rights and claims for damages I may have against Rainbow Housing Assistance Corporation, race sponsors, and any individuals associated with this event and will hold them harmless for any and all injuries I may suffer in conjunction with this event. I have read and understand this liability release.

Cancellation: The "EmbRACE a Better Future" charity race will occur in the event of rain, barring extreme circumstances (i.e. lightning and/or thunderstorms). There will be no refunds, but rather your entry fee will be used as a donation to help local children, individuals, and families in need of assistance by way of education, job search, GED preparation, etc. to improve their lives and better their futures.

Participant's Name _____

Date _____

Signature _____ (Parent or Guardian's Signature if under 18)

OFFICIAL USE ONLY box with Date Received, Received By, Amount Received, and Race Bib # fields