

Forman Fun Run

5K Fun Run/Walk

1 Mile Kids' Run/Walk

Saturday, June 27th, 2009



Please Print

Last Name

First Name

Street Address

City

State

Zip Code

Age

M/F

Email Address

Pre-registration date in June 5th which guarantees a race t-shirt and water bottle. Participants will be accepted after this date, but we cannot guarantee a race t-shirt.

_____ **\$20 Registration Fee for 5K Run/Walk** (All ages welcome)
* \$25 for registration received after June 5th

_____ **\$15 Registration Fee for 5K Run/Walk** (12 & under)
* \$17 for registration received after June 5th
(A parent can accompany a child in the ½ mile kids' run at no cost.)

T-shirt size - please check one

YOUTH: S ___ M ___ L ___

ADULT: S ___ M ___ L ___ XL ___

Entry fee includes: T-shirt, bottled water, and post-race refreshments.
(Guaranteed shirt only if registered by June 5th!)

Please mail registration form & make checks payable to: **Forman Fun Run**
c/o Betsy Buckhouse 478 4th Street SW Forman, ND 58032

I am aware that running is potentially hazardous activity. I assume all risks associated with running in the event including, but not limited to: Fall, contact with other participants, the effects of the weather, including high heat and /or humidity, traffic and the conditions of the road, all such risks known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, volunteers and organizers from all claims and liabilities of any kind arising out of any participation in this event.

Signature required (Parent or Guardian if under 18 years old), acknowledging waiver of responsibility.

Registration is final. No refunds once submitted.

Thank you for your participation and support!