

## COME ENJOY ONE OF THE FASTEST MILE OR 5K COURSES IN THE VALLEY!

Monday, May 31st 2010

All Participants part of huge raffle (Raffle and awards distributed after the race)

The race starts at the American Fork Rec Center at 8 am Mile, 8:10 am 5K(454 N Center Street, AF)

For more race information, call (801) 756-4747 or visit us at www.262running.com

Please Print Last Name Address	First Name  Apt. Number or P.O. Box  MILE 5K  Please check
City	State Zip Code Sex
T-Shirt Size: Age on Race I  YS YM YL  AS AM AL AXL	Day: Birthday:  MM DD MR YR
Phone:	Wheelchair Participant
Waiver: 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 also know that although police protection will be provided there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated in running this event.	Mail your entry to: Harrington Memorial Mile & 5K 91 E 100 N, American Fork, UT 84003 Make check payable to: <b>26.2 Running Co</b>

Waiver: 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 also know that although police protection will be provided there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated in running this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the conditions of the roads, all such risks being known and appreciated by me knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators and anyone else who might claim on my behalf, covenant not to sue and waive, release and discharge the American Fork officials, volunteers and any and all sponsors including their agents, employees, assigns or anyone acting for or on their behalf, for any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever.

Applications for minors will only be accepted with a parent's signature. THE RACE DIRECTOR RESERVES THE RIGHT TO REJECT ANY ENTRY.

91 E 100 N, American Fork, UT 84003

Make check payable to: **26.2 Running Co**Incomplete and unsigned entries will not be accepted.

ENTRY FEES: **MILE** - \$10.00 \* AFTER MAY 24th - \$15.00 **5K**- \$15.00 \* AFTER MAY 24th - \$20.00

TOTAL ENCLOSED:

Signature Date

Signature of Parent (if under 18 years of age)