

## Twin Cities Race Walkers - 2009 Entry Form

<b>Name</b>					
<b>Age</b>		<b>Sex</b>			
<b>Phone</b>					
<b>Email</b>					
<b>Address</b>					
<b>City</b>		<b>State</b>		<b>ZIP</b>	

Race Day	Max Time	Circle your Distance	Circle your Competition		Fees	Paid
April 19	¾ hr	5km	RaceWalk		\$10 for 1km to 10km	
May 18	¾ hrs	5km			\$10 for 1hr	
July 19	1½ hrs	5km 10km			\$35 for 11km or more	
September 13	1 hr	n/a	Run		\$2 off for TCRW members	
October 18	8 hrs	5km 20km 30km 40km 50km	Walk			
November 8	¾ hrs	5km			<b>Total Paid</b>	

Mail check and this form to **Twin Cities Race Walkers**  
**638 Summit Ave**  
**St. Paul, MN 55105-3435**

**Release and Waiver:** I know that walking is a potentially hazardous activity. I should not register for any walking events in the Twin Cities Race Walking Series unless I am medically able and properly trained. I assume any and all risks associated with walking during this event including but not limited to falls, contact with other participants, contact with other users of the multi-use path, the effects of weather, including high heat and/or humidity and the conditions of the walking surface, all risks being known and appreciated by me. Knowing these facts, and in consideration with your acceptance of my entry fee, I hereby for myself, my executors, administrators or anyone else who might claim on my behalf, covenant not to sue and waive, release and discharge any organization associated with Twin Cities Race Walkers, USATF/MN, USATF, and the local government and police, and volunteers and any and all sponsors including their agents, employees, assigns or anyone acting for or on their behalf, from any and all claims for 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 these walking events. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I have read the foregoing and certify my agreement by my signature below.

**Video & Picture Release:** The undersigned further grants full permission to Twin Cities Race Walkers, USATF/MN, USATF, and agents authorized by them to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. I have read the foregoing and certify my agreement by my signature below.

\_\_\_\_\_  
 Signature (Parent signature if under 18 years old)

\_\_\_\_\_  
 Date