

# 10 Annual Run the Good Race

June 20, 2009

Printable entry form

Name \_\_\_\_\_

Team Name \_\_\_\_\_ Team Captain \_\_\_\_\_

E-mail \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Male \_\_\_\_ Female \_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on race day \_\_\_\_\_

Double the Fun, Double the challenge, without double the cost! **Do the Double** add \$10 to any basic fee.

**Early-bird registration (until April 30)** Check One

\_\_\_ 5K Challenge (7AM start) \$20  
\_\_\_ 5K Road Run/Walk (8 AM start) \$20  
\_\_\_ Do the Double \$30

**Adult Registration (by mid-night June 15)** Check One

\_\_\_ 5K Challenge (7AM start) \$25  
\_\_\_ 5K Road Run/Walk (8 AM start) \$25  
\_\_\_ Do the Double \$35  
\_\_\_ Non-competitive 1 mile walk \$15 (under 5yrs. free)

**Youth Registration (18 and under)** Check One

\_\_\_ 5K Challenge (7AM start) \$20  
\_\_\_ 5K Road Run/Walk (8 AM start) \$20  
\_\_\_ Do the Double \$30

**Ten for 10<sup>th</sup> Team (by mid-night June 15)** Check One

\_\_\_ Celebrate our 10<sup>th</sup> anniversary run by registering a team of 10 for \$200!

Team name and captain must be on all registration forms, Team captain must pick-up all packets

All team registrations must be mailed together, one check is preferred

Team members may register in any combination of events, add \$10 for each individual participating in Do the Double

\_\_\_ 5K Challenge (7AM start) \_\_\_ 5K Road (8 AM start) \_\_\_ Do the Double \$30

**Late Registration (June 16 - race day)** Check One

\_\_\_ 5K Challenge (7AM start) \$35  
\_\_\_ 5K Road Run/Walk (8 AM start) \$35  
\_\_\_ Do the Double \$45  
\_\_\_ Non-competitive 1 mile walk \$15 (under 5yrs. free)

**Circle T-shirt Size** T-shirts cannot be guaranteed for entries received after June 8

Youth M Adult S M L XL XXL

Every entrant must sign the form. By signing the entry form, you agree to the following:

I know that running or walking a road and cross country race (the "event") is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I know also that, although police protection will be provided, there will be traffic on the course. I assume the risk of running in traffic. I assume also any and all other risks associated with running or walking this event including, but not limited to, falls, contact with other participants, the effects of the weather, and the conditions of the roads and trails. I know and appreciate all such risks. Knowing these facts and, in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, assigns, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Sanctuary of Hope and the Archdiocese of Kansas City in Kansas, and all race officials, volunteers, workers and sponsors, and their agents, employees, assigns or anyone acting for and on their behalf, from any and all claims or liability of 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. Also, I give permission for the use of my name and picture in any broadcast, telecast, internet or print media account of this event. This Release and Waiver extends to all claims of any kind or nature whatsoever, whether foreseen or unforeseen. Applications from minors will be accepted only with a parent's signature. No headsets, roller skates, pets, skateboards, bikes or motorized vehicles allowed on the course. The race committee reserves the right to cancel the race due to inclement weather. There will be no refunds if the race is canceled.

Signature \_\_\_\_\_  
Parent/guardian signature required if under 18

**Mail to:**  
**Sanctuary of Hope**  
**Run the Good Race**  
**2601 Ridge Ave.**  
**Kansas City, KS 66102**