



M4M5K 2010 Registration Form

Pre-registrations must be postmarked by April 30th, 2010. Race day registration will be accepted, 6:00 to 7:15 AM at Lamar United Methodist Church, 900 Poplar, Lamar, MO, where the race begins and ends. **Each pre-registration comes with Free Shirt and Goodie Bag!**

Adult T- Shirt Size:

S M L XL XXL

Youth T- Shirt Size:

S M L XL

Note: T-Shirt size can not be guaranteed with registrations after April 30, 2010

Divisions:

Adult/Youth 5K (11 years & older) \$20 Pre-Reg, \$25 Race Day Reg Child 1K (5-9 years old) \$10 Pre-Reg, \$15 Race Day Reg

Participation Level:

Male 5K Female 5K Male Walker 5K Female Walker 5K Special Athlete 5K (wheelchair)
 Zumbathon Kids 1K (5-9 yrs.) Handi-Capable 1K Others (welcome to leisurely ride the course, but won't be chip timed)

Age as of May 8, 2010

_____ years I cannot participate, but enclosed is my tax deductible gift of: \$1000 \$500 \$100 Other _____

I am participating as an individual I am a member of a team I would like to volunteer. Contact me @ _____

I need a fund-raising packet, _____ # of packets needed

I am raising funds for: _____ Organization web site or Contact info: _____

Team Name: _____ Team Captain: _____ My Name: _____

e-mail: _____ Phone: (_____) _____ Address: _____

City: _____ State: _____ ZIP: _____

Please make checks payable to **M4M5K**. All Donations are tax deductible.

In event of rain or other circumstances beyond our control, the event will not be rescheduled and there will be no refunds. *Waiver/Liability form **must** be signed - please see below.

Miles for Missions 2010 Participant Waiver of Liability

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, and anyone entitled to act on my behalf, release and discharged the Lamar United Methodist Church, the Miles for Missions 5K sponsors, their representatives and successors, promoters, managers, directors, officials, agents, employees and volunteers of this event and all claims of injury or liabilities of any kind, illness or damages suffered by me, as a result of my participation in or traveling to or from this event. I know that running/walking/rolling/riding is a potentially hazardous activity. I should not enter and run/walk/roll/ride unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, the effects of the weather (including high heat or humidity, snow, cold or ice), traffic and the conditions of the road, all such risks being known and appreciated by me, even though the liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I also give my permission for the free use of my name and picture in any written account, broadcast, telecast, advertisement or other publicity of this event for any legitimate purpose.

Signature of participant (parent or guardian if under 18 years)

Date