

**SANDERSON HIGH SCHOOL 5K FOOD DRIVE RUN/WALK @ SHELLEY LAKE**  
**November 14, 2009 Registration check-in @ 8:00 am/race begins @ 9:00 am**

**Entry Form:**

Make Checks Payable to: **Food Bank of Central and Eastern North Carolina**

**Cost: \$20.00**

Send signed release, completed entry form, and check to:

Sanderson High School

Attn: Jocelyn Bradford

5500 Dixon Drive

Raleigh, North Carolina 27609

**Deadline:** (For details, go to [www.sandersonhs.wcpss.net](http://www.sandersonhs.wcpss.net))

Must be postmarked by November 13, 2009 **\$20 for all ages for 2 mile run/walk**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Number ( ) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Sex: Male \_\_\_\_ Female \_\_\_\_

T-Shirt Size Adult Sm \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_

Does not guarantee a shirt in your size

**Sanderson High School 5K Food Drive Run/Walk @ Shelley Lake Waiver:**

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. 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, traffic and the conditions of the road and park, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry to participate in the Sanderson High School 5K Food Drive Run/Walk @ Shelley Lake (herein after the "Event") to be held on November 14, 2009 @ Shelley Lake in Raleigh, North Carolina, I, intending to be legally bound, do hereby for myself, my heirs, my executors and administrators agree as follows:

- 1. I do waive and forever release any and all rights and claims for any damages and liabilities of any kind arising out of my participation in the Event against all persons, entities and agencies involved with promoting and holding the Event, including but not limited to Sanderson High School, all of the subsidiary corporations of Sanderson High School, Wake County Public Schools, the City Of Raleigh, Shelley Lake, all sponsors, volunteers and vendors of the event, their agents, successors, representatives and assigns even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.**
- 2. I assume the risk of all bodily injuries, including death, resulting there from, and personal injuries to me and damage to and loss of my property, including loss of use thereof and any other indirect or consequential damages, resulting directly or indirectly, wholly or in part, from my participation in the Event and while traveling to and from the Event.**
- 3. I hereby agree, for myself and/or for a minor under the age of eighteen for whom I am signing, to indemnify, defend, and hold the entities named above harmless from and against any and all claims, liabilities, losses and damages, costs, expenses (including attorney's fees) judgments and penalties arising out of any of my, and or said minors, acts or omissions to act:**
- 4. I understand that the Event reserves the right to use any and all participant's names and/or likeness with regard to promotional and/or advertising materials.**
- 5. I understand that all entry fees are non-refundable. This is a RAIN OR SHINE event. It will not be rescheduled.**

Participant \_\_\_\_\_ Date \_\_\_\_\_

Parent of Participant under the age of 18 \_\_\_\_\_ Date \_\_\_\_\_

NOTE: Separate entry forms and signed waivers must be completed for each participant.