

Entry Form

Resolution Run 5k

January 9, 2010

Pre-registration deadline is January 1, 2010.

Please Print

Name _____

Mailing address/PO _____

City/State/Zip _____

Phone _____ Male Female

Email Address: _____

5K Personal Record time: _____ (i.e. 22:00)

If applicable: name of person who referred you _____

Registration for Resolution Run 5k

On and before 1/1/10

5K \$25.00

After 1/1/10

5K \$30.00

Total \$ _____

Make checks payable and mail to:

NW Running League

342 NE Autumn Rose Way #H

Hillsboro, OR 97124

Course

The course is located at Clackamas Community College and is flat and fast and mostly on grass.

NW Running League Membership

When you register for the Resolution Run 5k, you receive all the membership benefits of the NW Running League, discounts to local races, discounts to local running stores, etc. Please see www.nwrunningleague.com for more details.

Official Waiver

In consideration of your accepting my race registration I intend to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights and claims or damages I may accrue against NW Running League, LLC, Clackamas Community College, Clackamas County, city of Oregon City, for any and all injuries suffered by me while traveling to and from and while participating in the above listed event held on January 9, 2010.

_____ Date _____

(Participant's signature)

_____ Date _____

(Parent's signature if under 18 years of age)