



**SUNDAY MAY 20TH, 2007**

**10 Mile Walk - 7 am Start**

Open to those who can walk 10 miles in 5 hours or faster

**5k Run & Walk - 8 am Start**

**10 Mile Run - 8:30 am Start**

Open to everyone

**Kids Kilometer - 10:30 am Start**

**10 Mile Event Entry Fees**

**Early Registration** : \$30 / person through May 1st

**May 2nd - 14th** : \$35 / person

**May 15th - 19th** : \$45 / person

**Group Team Price** : 4 or more can sign up for \$25 each through May 18th at 3 pm. For details, visit [www.fitrightnw.com](http://www.fitrightnw.com)

**5k Event Entry Fees**

**Early Registration** : \$20 /person

**May 2nd - 15th** : \$25 / person

**May 14th - 19th** : \$30 / person

**Kids Kilometer** : Children 12 and under. No Charge.

**Registration Locations**

(In Store registration begins April 1st)

**Fit Right Northwest**

Vancouver, WA 98684

700 SE 160th Ave Suite 111

**360.885.4556**

**Fit Right Northwest**

Portland, OR 97210

1207 NW 23rd Ave

**503.525.2122**



**WWW.FITRIGHTNW.COM**

# REGISTRATION FORM

\_\_\_\_\_ Race Number (Official Use Only)

\_\_\_\_\_ **5K WALK**      \_\_\_\_\_ **10 MILE WALK**

\_\_\_\_\_ **5K RUN**      \_\_\_\_\_ **10 MILE RUN**

\_\_\_\_\_ **EVENT SHIRT (\$12)**      \_\_\_\_\_ **size**

TOTAL AMOUNT ENCLOSED : \_\_\_\_\_

**FIRST NAME** : \_\_\_\_\_

**LAST NAME** : \_\_\_\_\_

**ADDRESS** : \_\_\_\_\_

\_\_\_\_\_

CITY

STATE

ZIP

**PHONE** : (        ) \_\_\_\_\_

**EMAIL** : \_\_\_\_\_

**DATE OF BIRTH** \_\_\_\_\_

**AGE ON RACE DAY** \_\_\_\_\_

WAIVER MUST BE READ, SIGNED AND MAILED WITH ENTRY : I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I assume all risks associated with this event including, but not limited to, falls, contact with other participants, the effects of weather, including high humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I for myself and anyone entitled to act on my behalf, waive and release Fit Right Northwest, City of Portland, State of Oregon (ODOT), and any and all persons, sponsors, and entities, their representatives and successors from all claims or liabilities of any kind arising out of my participation even though said liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Parents must sign if participant is under 18 years of age. This is to certify that my child has permission to compete in this event, is in good physical condition, and that event officials may authorize necessary emergency treatment. ENTRY FEES ARE NON-REFUNDABLE.

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## Online Registration

Online registration is available at [www.signmeup.com](http://www.signmeup.com)

Online registration will end at 6 pm on Friday, May 18th

Online registration and detailed event info available at

**[www.fitrightnw.com](http://www.fitrightnw.com)**

## Packet Pick Up

**Saturday May 19th from 10 - 3 pm**

At Fit Right Northwest in Vancouver (700 SE 160th  
Suite 111) next to the Old Spaghetti Factory.