RUN FOR HOPE 5K REGISTRATION FORM

*Complete and return this form along with **$28.25** ($3.25 are registration fees) to:*

Run for Hope 5K
c/o Valley Natural Foods
13750 Co. Rd. 11
Burnsville, MN 55337

Make checks payable to VNF. Proceeds go to Hope for Tomorrow Mentoring.

Last Name: **First Name:** **Sex:**

Birth Date: **Age (on May 7):** **Telephone #:**

Street Address (include Apt. #):

City, State, Zip Code:

E-mail Address:

Shirt Size: S M L XL *(Register by April 7, 2011 to guarantee a free t-shirt)*

WAIVER. I am participating at my own risk and waive all claims of every nature against the organizers, officials, sponsors, and any other participating agencies with respect to any personal loss, illness, bodily injury or death resulting from participating in these activities. I also fully understand the rigors of such competition and have prepared myself physically for the race. At the time of registration, I will inform the race organizers regarding any relevant medical condition. I agree to follow the rules which govern road racing. I, the undersigned, have read the above waiver and release, and understand that I have given up substantial rights by signing it, and sign it voluntarily. I grant to Valley Natural Foods and its sponsors and licensees the exclusive right to the free use of my name, voice and/or picture in any broadcast, telecast, advertising, promotion or other account of this event. I acknowledge that my entry fee is non-refundable and non-transferable, even if the race is cancelled or the course is changed.

Having read this waiver and release from liability form, and knowing these facts, and in consideration of your accepting my entry and/or my child's entry, I for myself and/or my child, and anyone entitled to act on our behalf, waive and release Valley Natural Foods, race day volunteers, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation and/or my child's participation in this event.

Signature (by parent or legal guardian if participant is under the age of 18)

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