



## REGISTRATION FORM

### Run for Kathy 10 Oct 2009

Event: 5K Run \_\_\_\_\_ One Mile Walk \_\_\_\_\_ Children's Fun Run \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

DOB: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

T-Shirt Size: (Circle one)    S    M    L    XL    XXL

T-Shirts are assured for all pre-registrants; shirts for race day registrants as available.

Are you a member of Kathy Popp Long's extended family?    Y    N

If Yes, your relationship is: \_\_\_\_\_ Running Club Affiliation: \_\_\_\_\_

### WAIVER

I understand that a road and trail race is a potentially hazardous activity, and I, the undersigned for myself, my administrators, heirs, and assignors assume all risks associated with running or walking in this event and do hereby release and discharge the Prince Georges Running Club, Run for Kathy Inc., the City of Bowie and its agencies and departments, race officials and volunteers from any and all claims of liability for death, personal injury, or property damage of any kind arising out of participation in the run or walk. I agree to abide by all decisions of the race officials. I agree to exercise all safety precautions and certify that I am physically fit to participate in the event.

Signed: \_\_\_\_\_  
(participant or parent if under 18 years of age)

Date: \_\_\_\_\_

**Fee 5K \$20** (\$25 after **October 5<sup>th</sup>** and on race day)

Children's Fun Run and 1 Mile Walk: no charge

Make check out to **PGRC – Run for Kathy**

And mail to:

**PGRC**

**PO Box 391**

**Greenbelt, MD 20768**