

RUN THE RIDGE

2ND ANNUAL DELTA RIDGE 5K

Registration Form

October 25, 2008

The Community of Delta Ridge is located in Raleigh, NC near the intersection of Glenwood Ave and Duraleigh Rd. An active community of young business professionals and families, Delta Ridge is nestled beside Umstead Park, which serves as the Triangle areas largest state park and recreation center. This race was designed to support area philanthropies in Raleigh. Our 2nd Annual charity race will be in support of the Raleigh Rescue Mission and The Healing Place of Wake County.

Fill out the form below and mail it, along with payment, to
5314 Echo Ridge Rd, Raleigh, NC 27612
Registration forms may also be found at
www.runtheridge.org - or - www.active.com
(one person per entry)

NAME: _____

ADDRESS: _____
STREET CITY STATE ZIP

EMAIL ADDRESS: _____

PHONE (pm): _____ AGE: _____ DATE OF BIRTH: _____

MALE: FEMALE: 5k Run 1-mile Walk Volunteer

ENTRY FEE: \$25 / \$30 Late (after 10/18) \$ _____

ADDITIONAL DONATION (optional) \$ _____

TOTAL \$ _____

LONG SLEEVE T-SHIRT ADULT SIZES (circle one) S M L XL

MAKE CHECKS PAYABLE TO:

Run the Ridge Charity Event, and mail to:
5314 Echo Ridge Rd, Raleigh, NC 27612

(Please do not mail after 10/18 – race day registration will be available)

WAIVER: I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and or humidity, traffic and the conditions of the road or trail, 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, I for myself and anyone entitled to act on my behalf, waive and release The Community of Delta Ridge and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this for any legitimate purpose. I understand that bicycles, skateboards, roller skates or blades are allowed in the race, and I will abide by these guidelines.

Signature Parent or Guardian if Under 18 _____ Date _____

Emergency Contact _____ Phone Number _____