



Healthy-U Cardinal Family Fun Run / Walk

Last Name: _____ First Name: _____

Address: _____

City/State/ZIP: _____

Daytime Phone: _____ Email: _____

RACE DAY

October 24, 2009. Runners begin at 10:00 a.m., walkers at 10:05 a.m. Event starts from Morley Field. Registration begins at 9:00 a.m. at the outdoor track behind the Wickes Memorial Stadium.

No Entry Free

Lunch will be provided at 10:30 a.m.

Free T-shirt for all Participants

Please indicate size for each 5K family member participant:

Men

_____ Small
_____ Medium
_____ Large
_____ X Large
_____ XX Large

Women

_____ Small
_____ Medium
_____ Large
_____ X Large
_____ XX Large

Children

_____ Small
_____ Medium
_____ Large

Participants that donate \$10.00 to United Way will also receive a free "SVSU Lives United" T-Shirt.

_____ Yes, I want to donate \$_____ to United Way.

Please make payment at the Cashier's Office.

Bring receipt to W373 to pick up T-shirt.

All entrants must complete an individual 5K entry form (one per family).

On race day, all entrants must check in beginning at 9AM at the registration table.

Please accept my entry in the 2009 Healthy-U 5K Run/Walk. I have conditioned myself to participate in this event. I, for myself, my executors, administrators and assigns, release and discharge Saginaw Valley State University and the Healthy-U Program, it's officials, its sponsors and volunteers from damages, injuries, or expenses occasioned by my participation in the Healthy-U 5K Run/Walk. I also authorize Saginaw Valley State University and the Healthy-U Program to utilize any photographs, video or audio recordings of my participation in the Healthy-U 5K Run/Walk for any and all purposes. By signing my name, I certify that I have read all the terms and conditions of this release and do intend to be legally bound.

X _____
Applicant's signature (Parent if under 18)

Please return entry form to Wickes 373 by 10/07/09

