

## 5K Adventure Run/Dalk! Saturday, September 25, 2010

**Osage Beach City Park** 

Registration and Check-in 7:30 am Race starts @ 8:00 am \$20 Entry Fee

All paid participants receive an event T-shirt.

Pancake Breakfast following Race.

Presented by MATC, Missouri Athletic Training Center, a 501c3 organization.

For questions or reservations call 573-552-8089 or visit: matcaccelerate.com.

## Waiver must be signed before participating:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the event, 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 All fees are nonrefundable. named in the waiver

Make checks payable to:
 MATC
 Mail entry form to:
 P.O. Box 188
Osage Beach, MO 65065
573-552-8089

Registration T-shirt size:

## **FILL OUT THIS FORM!**

Name	
Address _	
Phone	
Email	
Gender	Age on race day
Signature	Date