

RIVER CITY RUN WALK 5K

Saturday, July 17, 2010 * 7:30 am * North Little Rock, AR

registration is from 6:00 am to 7:00 am
Burns Park Soccer Complex, North Little Rock

Last name:		First name:	
<i>If registering as a family, fill separate form out for each member.</i>			
DOB: / /		Age day of race:	Gender:
Address:			
City, State, Zip			
Phone:			
Email address:			
Shirt Size: Youth S M L		Adult S M L XL XXL	
Circle one: Runner		Walker	Spirit runner
note if affiliated with participating church, we will deliver shirt to church if it is not picked up at race: _____			
<i>NOTE - walkers should NOT run or jog in race!</i>			

Waiver / Release: I hereby certify the following: (1) I am physically fit and have received medical clearance to participate in the race, (2) In consideration for my application to participate in the race being accepted, I, on behalf of myself, my heirs and assigns, an my estate, hereby waive and forever discharge River City Ministry, the city of North Little Rock, the sponsors, organizers, affiliates, as well as their agents and employees from any and all claims that may accrue as the result of my participation.

Participant's signature / date

Under 18, Parent / Guardian Signature / date

Pre-Registration is \$15 per person until July 16. Registration on day of will be \$20. Families of 4 (in same household), can register for \$50 and \$10 for each additional child. Fill out separate form for each person.

You may also pick up pre-registration packets, or pre-register, at Gary Smith's Easy Runner, 11525 Cantrell Rd, Pleasant Ridge Shopping Center, Little Rock, AR. 501-221-0017, Friday 7/16/10, hours: 11:00 am to 5:30 pm

Make completed application and check payable to *River City Ministry Run Walk, PO box 2179, North Little Rock, AR 72115*

Participants are asked to bring 2 canned goods to registration on race day to contribute to the River City Ministry food pantry.