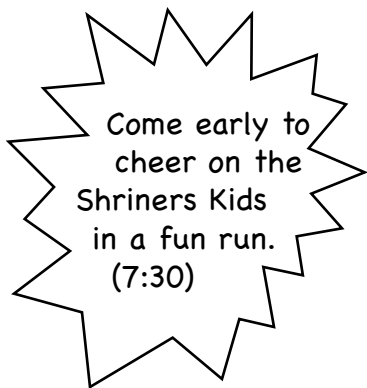




Fourth Annual 5K Entry Form



Alta Club Fourth Annual 5K Run, Walk, and Wheel

Date: Saturday, April 25, 2009

Start Time: 8 am

5K Course (3.1 Miles) Run/ Walk/Wheel Chair



**Shriners Hospitals
for Children™**

The Alta Club 5K will start in the parking lot of Shriners Hospital for Children, and will end at Memory Grove. A free shuttle will be provided to get participants back to Shriners' Hospital following the race. Money raised from the 5K will support Shriners Hospital for Children.

Entry Fee: Early Bird \$25.00, after April 17th \$30.00.

Target Participant: The entire community is welcome to participate.

Additional entry forms are available at The Salt Lake Running Company, online at www.active.com, www.altacub.org, or you may stop by the Alta Club front desk during regular business hours.

Cut here and return to the Alta Club by mail or in person.
100 East South Temple, SLC, UT 84111-1102

Race Category (Check One): Wheel Chair Run Walk

First Name: _____ **M.I.:** _____ **Last Name:** _____

Age: _____ **M / F** _____ **E-mail Address:** _____

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: Day () _____ Eve () _____ Cel () _____

Check T-shirt Size (Adult Sizes): Small Medium Large X-Large

Entry Fee: Early Bird, \$25.00 After April 17th, \$30.00 Kids 10 & under FREE!

Group Discount, Entry Fee \$20.00 per participant. Company

Name _____

To be eligible for a group discount, the group must include 15 or more participants per company. All group registration money must be submitted together.

Method of Payment: Cash Check Please make check payable to Alta Club 5K ck # _____

Credit Card: Visa Master Card Discover AMEX

Card # _____ EXP. _____ / _____

Your signature below is an agreement that (1) all information submitted is true; (2) participant fees are non-refundable; (3) you will indemnify and hold harmless the Alta Club against any and all liabilities that may arise as a result of your participation in the Alta Club 5k Run, Walk, and Wheel 2009; (4) participating in a road race is a potentially hazardous activity; (5) you are medically able and properly trained; (6) you will abide by the race officials decisions for safe completion of the event; (7) you assume all risks associated with participating in this event including but not limited to: falls, contact with other participants, effects of weather including high heat, humidity and rain, traffic and the conditions of the road, all such risks being known and appreciated by yourself; (8) dogs (including dogs on leashes) or any other animals other than service animals, in-line skates, skate boards and bicycles are prohibited and that violation of this prohibition will result in disqualification.

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 Alta Club, its directors, officers, and staff, the city of Salt Lake and it's employees, 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 event.

Signature (Parents/Guardians if under 18): _____