



Miles for Mira

5k Fun Run and Dog Walk
October 17th, 2009

Certified 5k Course

REGISTRATION FORM

Please print clearly.

Name (first, last): _____

Street Address: _____

Town: _____ State: _____ Zip code: _____

Date of Birth: ____/____/____ Age on 10/17/09: _____ Gender (circle): Male Female

T-Shirt Size* (circle): Small Medium Large X-Large *Adult/Youth Runner and Walkers 12 Years and Older

Will you be running or walking with a dog? (circle): Yes No

REGISTRATION CATEGORY AND FEES: Mark with (X)

____ 5K Adult Runner, 18 Years and Older, \$15 before Oct. 15, \$20

____ 5K Youth Runner, Under 18 Years, \$10 before Oct. 15, \$15

____ 5K Walker, 12 Years and Older, \$15 before Oct. 15, \$20

____ 5K Walker, Under 12 Years, Free

Please make checks payable to MIRA FOUNDATION USA, INC. All registration forms with payment may be sent to MIRA FOUNDATION USA, INC., 112 North Poplar St., Aberdeen, NC 28315. Please make sure your envelope is postmarked on or before October 12, 2009. For more information about the race, visit www.milesformira.com.

WAIVER AND RELEASE: - ** Must Be Completed for Event Participation

I, (First and Last Name) _____, know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk 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/walk. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants and dogs, the effects of weather, including heat, humidity and rain, traffic and the condition of the road, all such risks being known and appreciated by me. I also know that there are dangers associated with using an iPod/wearing headphones in a road race. 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 MIRA FOUNDATION USA, INC. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have, or that might accrue against the MIRA FOUNDATION USA, INC. and their agencies, officers and employees, for any and all injuries suffered by me in said event.

Participant Signature

Date

Parent/Guardian Signature (If Participant Under 18 Years)

Date