



Saturday, April 10, 2010

9 AM

2375 East 3300 South

801-486-5473, ext. 24

www.signmeup.com/68461

THE CAUSE: Over the past four years, over \$10,000 has been donated to various relief efforts. This year the proceeds from the race will be divided between Huntsman Cancer Foundation, Central Asia Institute, and the UMCOR relief effort in Haiti.

THE COURSE: The 5k course winds through the Millcreek neighborhood around CUMC. It is a USATF certified 5k course. There will be water along the course with goodies at the finish.

Age-group awards will be presented. Ribbons will be awarded to all children finishers. There will be door prizes awarded after the race. There will also be complimentary on-site childcare.

- **THE 2010 CLERGY CUP WILL BE PRESENTED TO THE FASTEST CLERGY!**

5TH ANNUAL RUNNING FOR RELIEF REGISTRATION FORM

Last Name _____ First Name _____ Male ___ Female ___ Clergy ___

Address _____ City _____ Zip _____

Phone _____ Birthdate ____ / ____ / ____ Email _____

EARLY BIRD REGISTRATION (Postmarked by Monday, 4/5)

___ Adult 5k Walk/Run: \$15.00

___ Adult Arm Chair Division: \$15.00

By signing up for the Arm Chair Division, you will be eligible for door prize drawings and get the best seat in the house at the finish line.

___ Child (13 and under): \$10.00

___ I can't be there, but would like to make a donation to the causes.

WEEK/DAY OF REGISTRATION

___ Adult 5k Walk/Run: \$18.00

___ Adult Arm Chair Division: \$18.00

___ Child (13 and under): \$13.00

TOTAL ENCLOSED: _____
Entry fees are non refundable

Make checks payable to Christ United Methodist Church and mail to CUMC, 2375 East 3300 South, SLC, UT 84109.

WAIVER (must be signed): I hereby release (for myself and for my heirs, successors and assigns) Christ United Methodist Church, all sponsors and contributors, all race staff, officials and volunteers, from any injuries or damages I may receive while participating in the race/walk or activities associated with the event. I am in good physical condition and I am able to compete in this event.

Signature of Participant: _____ **Date:** _____

IF ATHLETE IS UNDER 18: I am the legal parent or guardian of the participant registering hereby, and said participant has my permission to participate in the CUMC Running for Relief 5K. I hereby release (for the minor hereby registered, and for my and/or his/her heirs, successors and assigns) Christ United Methodist Church, all sponsors and contributors, all race staff, officials and volunteers, from any injuries or damages he/she may receive while participating in the race/walk or activities associated with this event, and grant permission for race officials to authorize emergency treatment.

Signature of Parent _____ **Date:** _____