`1`Women Run/Walk Memphis 2010

REGISTRATION FORM:

- **DISCOUNT: $20** ***if received prior to midnight, July 12, 2010***
- **$25** ***if received after midnight, July 12, 2010***
- **Please note:** ***NO REGISTRATIONS ACCEPTED AFTER AUGUST 9th***
- Register by mailing this form to: MRTC, P.O. Box 17981, Memphis, TN 38187-0981 (checks payable to MRTC) OR online at www.racesonline.com. Registration fees are non-refundable.

********REGISTRATION DEADLINE: AUGUST 9, 2010*******

First Name_____ **Last Name**_____

Age _____ **Birth Date** _____ **Phone Number** _____

Address_____

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

Email _____

T-shirt - circle size:* **S** **M** **L** **XL** **XXL**

*We try to get Women's cut shirts - please keep that in mind when circling your size, they tend to run smaller than the unisex average t-shirts you get at a run.

Group (Please select one) _____**WALKER** _____**BEGINNING RUNNER** _____ **INTERMEDIATE 1**

_____**INTERMEDIATE 2** _____**ADVANCED**

(Please note: Groups will have pace groups. If you are unable to stay with the available pace groups you may be advised to move to a different Group. Please be aware that coaches are trying to meet your training needs to the best of their ability.)

SUGGESTED GUIDELINES ON SELECTING ONE OF THE FIVE AVAILABLE GROUPS:

WALKERS: IF you currently walk for fitness and want to improve your walking skills OR if you DO NOT currently have a regular walking or walk/run exercise program

BEGINNING RUNNERS: IF you currently *run/walk or jog slowly up to 2 miles, 3x per week,* and *have never done a 5K.*

INTERMEDIATE 1: IF you currently run regularly up to *3 miles, 3x per week,* and have a recent 5K with a *best time of 41:00 – 45:00*

INTERMEDIATE 2: IF you currently run regularly up to *3 miles, 3x per week,* and have a recent 5K with a *best time of 36:00 – 40:00*

ADVANCED: IF you currently run regularly over *3 miles, 3x per week,* and have a recent 5K with a *best time of 35:00 or faster. Advanced Group will involve hill work and workouts 3 miles or greater at pace without walk breaks.*

WAIVER:

In consideration & acceptance of my non-refundable entry, I, the undersigned, intending to be legally bound, hereby for myself, for any minors over whom I have legal guardianship, & for anyone entitled to act on my behalf, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Memphis Runners Track Club, the RRCA, USATF, RRS Sponsors, volunteers, the City of Memphis, Shelby Farms Conservancy, Shelby County, State of Tennessee or any of their representatives & successors & assigns for any and all injuries suffered by me in this series of training and race event(s) even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I know that training for and running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I attest & verify that I am physically fit and I agree to abide by any decision of a coach or race official relative to my ability to safely complete the run. I assume all risks associated with running in these events including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or trails, or traffic on the course, all such risks being known and appreciated by me. I understand that there will be no make up races or substitute times for any races in this series. I understand that I may not let another person complete the race and use my name for a finishing time. I understand that for runner safety MRTC and the RRCA strongly discourages the use of audio headphones, and further that running a race with a pet or baby jogger is not allowed. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes or other record of this event for any purpose whatsoever. I have read and fully understand my release of liability and indemnification given hereinabove.

Signature_____

Date_____

(Parent or Legal Guardian if entrant is Under 18 years of age. This is to certify that my child has permission to compete in these events, is in good physical condition and Event Officials may authorize necessary emergency medical treatment.)