

Race Entry Form

Mail or bring to Fitness World

Fees:

- 5k Run/Walk \$25 \$ _____
- Donation to Ronald McDonald House of Durham \$ _____
- Total: \$ _____

Adult T-shirt size (circle one)

S M L XL

Name: _____

Address: _____

Phone: _____

E-mail: _____

Date of birth (month/day/year): _____

Gender: M F

Child Care (circle one) Y N How many children? _____

Registration limited to first 300 respondents. To pay by credit card over the phone, contact a manager at 919-544-9000 or register online at www.active.com.

Method of Payment:

-    

Credit Card # _____

Exp: _____

- Cash Check

Make checks payable to:
Fitness World

Mail to:
Fitness World
105 W. NC HWY 54
Suite 271
Durham, NC 27713
919-544-9000

**PLEASE SIGN THE WAIVER ON THE BACK.
SIGNATURE IS REQUIRED TO PARTICIPATE.**

Volunteers

Volunteers are needed for pre-event or on race day. If interested in volunteering, please contact Robin Bradley at 919-544-9000 or robin@fitnessworldnc.com.

Sponsors

There are several levels of sponsorship — for companies, corporations or individuals. Contact Robin Bradley at 919-544-9000 for more information.

About Fitness World

Since 1992, Fitness World has built its success on the belief that people of all ages and lifestyles, from small children to seniors, members of the business community to stay-at-home parents, should make fitness a part of their lives. The diversity of equipment, class offerings and staff expertise ensure that Fitness World offers something for everyone. Whether you are a serious exercise enthusiast or a beginner, Fitness World has the programs, staff, equipment and atmosphere to help you meet your fitness goals.



Fitness World
105 W NC HWY 54, Suite 271
Durham, NC 27713
919-544-9000
www.fitnessworldnc.com



2011 Fitness World Fall 5K Walk/Run

Saturday, September 24, 2011

USATF Certified 5k Course

9:00a.m. Start Time

Pre-registered check-in and bag pick-up 6:30a.m.—8:00a.m.

Fitness World

105 W NC HWY 54, Suite 271
Durham, NC 27713
919-544-9000

Online registration and course map:
www.fitnessworldnc.com

5K Registration

8:00a.m. registration.
Must be registered no later than 8:45a.m.
Race begins promptly at 9:00a.m.,
so please arrive early.

Age Groups

16 & Under
17-24
25-34
35-44
45-54
55 & Over

Post Race Party!

We will hold a post race party with refreshments, door prizes, exciting Silent Auction, photographs with Ronald McDonald and live entertainment. Awards will be handed out to the top three overall winners in both men's and women's categories and the top winners in six age groups. Be sure to invite your family and friends to join us for the post race party!

5k Run/Walk Waiver

I know that running a road race is a potentially hazardous activity. I should not enter and run 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. I assume all risks associated with running in any Fitness World event on September 24, 2011, including but not limited to falls, contacts with other participants, the effects of weather, including high heat and humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this release and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to my behalf, waive and release Fitness World, Cardinal Race Services and all sponsors, supporters or contributors of the race, their agents, any other persons assisting with the race, and their successors from all claims or liabilities of any kind arising out of my participation in the race even though the liability may arise out of negligence or carelessness on the part of the persons referred to in this waiver. I also grant permission for the use of any photographs, motion pictures, recordings, or any other record of my participation in this event for any legitimate purpose. Due to the fact that the majority of the race costs; such as entry forms, advertising, and awards occur prior to the race, entry fees cannot be refunded but all pre-registered runners will receive their T-shirts.

I have read and understand the waiver as written above. If participant is under 18 on race day, a parent or guardian must sign the waiver.

Signature: _____

Our Cause: Ronald McDonald House of Durham

Since 1980, the Ronald McDonald House of Durham has allowed families to focus on the health and well-being of their critically ill children by keeping families together who are in need of a community of hope, comfort and empathy. Our programs provide families with the comfort of home — private bedrooms, inviting community spaces, daily home cooked meals and stocked kitchen, a play room, computer room and laundry facilities—as well as a network of support through interactions with other families, staff and volunteers. Families with critically ill children face immense emotional, physical and financial challenges; knowing that Ronald McDonald House of Durham will be there to —support them in safe and caring environment helps to alleviate some of these challenges.

2010 5K Donation Presented to Ronald McDonald House from Fitness World in the amount of \$14,454.



RONALD MCDONALD HOUSE
DURHAM

www.ronaldhousedurham.org

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Durham, NC 27705
919-286-9305

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