



12th Annual Women In Distress SAFEWALK-RUN 5K

Saturday, October 30, 2010 at Markham Park in Sunrise, FL

USATF Certified Course CHIP Timed

Registration: 6:30-7:15 a.m. RUN/WALK: 7:30am

REGISTRATION FORM

PARTICIPANT
INFORMATION

Date*: _____
Name*: _____
Phone*: _____
Email*: _____
Address*: _____

Date of Birth*: ____ / ____ / ____ this is required for all runners, including year
Sex*: Male Female this is required for all runners

REGISTRATION
TYPE

Please make a selection on each line in order for your registration to process.

1*. Individual or I am on Team _____
Please indicate team name
2*. Runner or Walker
3*. \$25 Adult (age 13+) or \$15 Youth (ages 6-12, 5 and under are free)

PAYMENT

Total amount enclosed or to charge*: \$ _____
 Check (payable to Women In Distress) Cash (please give to team leader, do not mail)
 Credit Card # _____ Exp. ____ / ____
Billing Address*: Same as address above
 New: _____
Name on Card*: _____
Signature*: _____

PARTICIPANT
WAIVER

By signing below, I certify that I have read and agree to the participant waiver on the Women In Distress website at <http://www.womenindistress.org/safewalk-run.html>.
***No one may participate without signing the waiver. If under 18, signature of participant and parent or legal guardian are required.**

Walker/Runner Signature*

Guardian Signature

Date

RETURN
THIS FORM

Return Form to your Team Leader or to Women In Distress:

Mail: Women In Distress, Attn: SafeWalk, P.O. Box 676, Fort Lauderdale, FL 33302
Fax: (954) 832-9487, Attn: SafeWalk
Email: safewalk@womenindistress.org.

Questions? Email safewalk@womenindistress.org or call 954.760.9800