



Northwest HOPE & HEALING

**Alki Beach 5k Walk & Run, Alki Beach Bathhouse
Sunday August 29, 2010, 8:00am check-in, 9:00am Start**

Registration Form

Please complete & return this form and return it with your registration fee. One form per person.
Please make checks payable to **Northwest Hope & Healing** & mail to the address below.

Name: _____ Birth date _____

Address: _____

Phone: _____ E-mail address: _____

Please check all appropriate answers:

Early Bird \$25 (thru July 11th) Pre-Registration \$30 (July 12-August 28th)

Day-Of Registration \$40.00

Gender (circle): Male/Female Team Name: _____

T-Shirt Size (circle one): Small Medium Large XLarge XXLarge

I am a walker I am a runner I am a Survivor

I am unable to attend the event but would like to participate as a Phantom Walker or Runner. Enclosed is my donation.

Release & Waiver

I know that participating in a walk/road race is a potentially hazardous activity. I should not enter and walk/run unless I am medically able and properly trained. I agree to abide by any decision of race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of weather, including high heat, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf waive and release Northwest Hope & Healing Foundation, Swedish Medical Center, Swedish Medical Center Foundations, City of Seattle, Kiwanis International, Kiwanis Club of West Seattle, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating even though said liability may arise out of my negligence or carelessness on the part of the persons named in this waiver. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

ENTRIES CANNOT BE ACCEPTED WITHOUT A VALID SIGNATURE!

EVENT CAPACITY IS LIMITED. REGISTRATION IS NOT GUARANTEED UNTIL YOU RECEIVE CONFIRMATION.
Once we receive your registration, we will mail/e-mail you participant information.

Signature & Date: _____

Signature of Parent or Guardian (if under age 18): _____

Emergency Contact & Phone Number: _____