Connects Federal Credit Union Corporate 4 Miler Participant Registration Form

Innsbrook Office Park • Thursday, June 7, 2011 • 7 p.m.

ALL PARTICIPANTS MUST COMPLETE THIS FORM

Photocopy this form as necessary for each participant

RUNNER'S NUMBER
(Official Use Only)

COMPANY

LAST NAME | FIRST NAME | AGE ON RACE DAY | SEX (M / F)

HOME ADDRESS

CITY | STATE | ZIP | BIRTH DATE (MONTH -- DAY -- YEAR)

θ CEO/PRESIDENT θ ENTREPRENEUR θ MANAGEMENT θ MARKETING/PR θ ADMINISTRATIVE θ STAFF θ GUEST/NON-EMPLOYEE

EXACT NAME OF CORPORATION | COMPANY HIRE DATE (MONTH -- DAY -- YEAR)

TELEPHONE (BUSINESS) | TELEPHONE (HOME) | T-SHIRT SIZE (S / M / L / XL / XXL)

ENTRY FEE	$25.00 Through Apr. 30	$30.00 May 1-June 4

PLEASE READ AND SIGN THIS WAIVER:

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am qualified, in good health, medically able, and properly trained. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the event. I fully accept and assume all responsibility for losses, costs, and damages I incur as a result of my running this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. Having read this waiver, knowing these facts, and in consideration of accepting my entry, I for myself and anyone entitled to act on my behalf, discharge, waive, and release the Metropolitan Richmond Sports Backers, Connects Federal Credit Union, Dominion Resources, Innsbrook Foundation, Henrico County and USA Track & Field, along with their officers, directors, agents, volunteers and employees from all claims or liabilities of any kind arising out of my participation in this event.

X _____ _____

Signature | E-mail Address

INSTRUCTIONS AND REMINDERS

1. Complete the participant registration form above. Give to your Team Captain along with the registration fee, or mail to Sports Backers, 100 Avenue of Champions, Richmond, VA 23230
2. Make sure you receive your assigned bib number from your Team Captain prior to or on race day.
3. Be sure you know where your company meeting area is on race day. The race staff will not know where your team is meeting.
4. As you finish the run, move quickly through the finish area. Please remember your finishing time as it appears on the finish line clock. Report this exact time to your Team Captain.
5. Each runner is responsible for knowing and complying with all official rules and regulations.
6. Restrictions: For safety reasons, baby joggers/strollers, bicycles, roller-skates, in-line skates and dogs will be prohibited from the race course. You must be 8 years old to participate. Children under age 10 must be accompanied by an adult.