

– Doc & Mardie 5K Road Race – **September 13, 2008**

WAIVER & ENTRY FORM

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 this event including, but limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and know these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Alford Youth Center, Central Maine Striders Club, City or Town officials, race directors and all sponsors, their representatives and successors for all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons name in this waiver.

Name: _____ Age: _____ Gender: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Signature of Runner: _____

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

How did you hear about the Doc & Mardie 5K road race? _____

Please mail waiver form to:
Attention: Amber Desrosiers
Alford Youth Center
126 North Street
Waterville, ME 04901

For more information please contact Amber Desrosiers at 207 873 0684 ext 203 or by email at
adesrosiers@alfondyouthcenter.org