

Friesen Run With the Canes 5k

Name _____ Age (on 9/11/11) _____

Address _____ City _____ St _____ Zip _____

Email _____ Phone (____) _____

Shirt Size (circle) YS YM YL S M L XL XXL

Entry Fee: Friesen 5K Fun Run **\$25** (\$₃₀ beginning Sept. 1) _____

100 Yard and 200 Yard Kids Dash **\$10** _____

Make a donation to Leukemia & Lymphoma Society (separate check) \$ _____

Total Amount Enclosed \$ _____

Make Checks Payable to: **Friesen 5K**
1113 Bishopton Way
Knightdale, NC 27545

Team Members: Captain's Name _____ **Team Name** _____

I understand and accept that running a 5K event or 100 yard dash requires physical conditioning and that I am properly trained to participate in the event I selected. I also understand that this event takes place on roads and streets and there may be uneven or broken pavement which could result in a fall or injury. I accept these risks and will abide by the guidelines and instructions of the race committee, volunteers and security. I therefore hold harmless the Carolina Hurricanes, Gale Force Holding, Centennial Authority, NC State University, City of Raleigh, BTR Management, all sponsors and suppliers of this event.

Name (Print) _____ Signature _____ (Date _____)

Parent or Guardian for participants under 18 _____