



Healthy Parks Healthy You

Fun Run Online Registration Form

Race Day Details

- 8 to 9 a.m.** Day of Race Registration, T-shirt and timing chip pick-up at Seward Park outdoor registration booth.
- 9 to 9:15 a.m.** Warmup and stretching with the Willie Austin Foundation
- 9:30 a.m.** 5k Run/Walk Starts
- 11 a.m.** Special Guest Speaker
- 11 a.m. to 2 p.m.** Post Event Activities. Join us for information booths, kids activity booths and demonstrations.
- 2 to 3:30 p.m.** Concert

Entry Fees

\$15 per person on or before August 15. \$20 per person Day of Event. Kids 12 and younger run free.

The Course

The 5K race is 5 kilometers, which is 3.1 miles around the paved path overlooking Lake Washington.

Packet Pickup

If you register at a community center or sign up online, pick up your T-shirt and timing device on race day from 8 to 9 a.m. at the Fun Run Outdoor Registration Booth.

Awards

Each participant will receive a certificate and a race goodie bag.

Results will be posted online at: www.seattle.gov/parks/healthyparks, www.promotionevents.com

First Name	Last Name															
Street Address																
City	State															
Zip Code																
E-Mail																
Day Phone	Team Name															
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Read this and sign: I know that participation in a road race/walk is a potentially hazardous activity. I should not enter and run/walk 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 event. I assume all risks associated with participation in this event including but not limited to falls and contact with others participants. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I for my self and anyone entitled to act on my behalf waive and release the City of Seattle Parks and Recreation, Associated Recreation Council, Pro-Motion Events Inc, all sponsors, partners their representatives and successors from all claims or liability of any kind arising out of my participation even though said liability may arise out of negligence or any other record of this event for any legitimate purpose. I grant permission for all of the foregoing to use photographs, motion pictures, recording or any other record of this event for any legitimate purpose. This is to certify that my child has permission to compete in this event is in good physical condition and that event officials may authorize necessary emergency treatment. **ENTRIES CANNOT BE ACCEPTED WITHOUT A VALID SIGNATURE.**

Signature

Date

Parent or guardian (if under 18)