

Housing For People With
Mental Disabilities, Inc Presents...

June 27th, 2009



Freedom Run - Walk - Roll

Registration Deadline: June 13th, 2009

Race Day Registration: 7:00am

Starting Time: 8:00 am

Start & Finish Location: First Ward Park

Housing For People with Mental Disabilities, Inc invites you to join us at the Freedom Run/Walk/Roll! The Freedom Run/Walk/Roll is a 5k and 10k run/walk for everyone, kids and adults alike! Participants can also choose to run, walk, or roll in the 1-mile FUN RUN. All proceeds from the Freedom Run/Walk/Roll will go to Housing for People with Mental Disabilities Inc, a non-profit organization. Your contribution will help maintain housing for people with disabilities so they can be an active part of our community! Scholarships are available for people with disabilities, and support staff may participate for free! Running packets and extra t-shirts will be available the day of the race. Prizes will be awarded to the 1st place male and female runners in each age category.

5k _____

Cost: (Includes T-Shirt):

Before Registration Deadline (June 13th): Adults \$20, Kids (18 years & under) \$10

10k _____

After Registration Deadline or Race Day: Adults \$22, Kids (18 years & under) \$12

Fun Run _____

T-Shirt Size (Adult Sizes):

Please Check One: Small _____ Medium _____ Large _____ X-Large _____

Name: _____

Men:

Women:

10 & under _____

10 & under _____

Address: _____

11-18 _____

11-18 _____

City: _____

19-31 _____

19-31 _____

State: _____ Zip: _____ Phone: _____

32+ _____

32+ _____

Please make checks payable to: Housing For People With Mental Disabilities, Inc.

Send registration form with payment to: Buchanan County Community Services, 210 5th Ave NE Independence, IA 50644

LIABILITY STATEMENT—MUST BE 18 TO SIGN AND/OR IF YOU HAVE A GUARDIAN YOUR GUARDIAN MUST SIGN

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I KNOW THAT THIS EVENT IS A POTENTIALLY HAZARDOUS ACTIVITY AND I HEREBY ASSUME FULL AND COMPLETE RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY PARTICIPATION IN THE EVENT OR WHILE ON THE PREMISES OF THE EVENT. I HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST HOUSING FOR PEOPLE WITH MENTAL DISABILITIES, INC, ANY LOCAL AFFILIATES, OR ANY PERSONS ASSOCIATED WITH THIS EVENT FROM ANY LOSS, LIABILITY, OR CLAIMS I MAY HAVE ARISE OUT OF MY PARTICIPATION IN THIS EVENT, INCLUDING PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SAME BE CAUSED BY FALLS, CONTACT WITH OTHER PARTICIPANTS, CONDITIONS OF THE COURSE, NEGLIGENCE OF THE RELEASES OR OTHERWISE. If I do not follow the rules of this event, I understand that I may be removed from the competition. I understand that I am participating at my own risk.

X _____

X _____ (Guardian Signature)