

Run or Walk into 2010!

FIRST NIGHT® COLUMBIA 5K RUN/WALK

Sponsored by Boone Hospital

DATE: December 31st 2009, New Year's Eve

RACE START: 4:00 pm at Flat Branch Park

ENTRY FEE: \$20 ON OR BEFORE December 29th; \$25 race day. Children 12 and under: \$12 pre-registration, \$15 race day. Cost includes long sleeved t-shirt and First Night Admission Pass. Proceeds go to First Night activities.

AWARDS: 1st Overall Male and Female win running shoes from Tryathletics.

DOOR PRIZES: Prizes are drawn while race is in progress from race numbers. Check poster board when you finish the race to see if you've won a prize. Prizes can be collected immediately at the cashier's counter of CyclExtreme.

PACKET PICK-UP: Tues., December 30th 4:00pm - 7:00pm at Tryathletics; Race Day 2:00-3:45pm at CyclExtreme (19 S 6th St)

REGISTER EARLY!!

First 250 are guaranteed a t-shirt; must register by December 16th to get desired size!

~Later entries can pickup shirt after January 16th at CyclExtreme, 19 S 6th Street~

Results will be posted at Tryathletics, CyclExtreme and on Columbia Track Club website <http://ctc.coin.org>

Sponsors: Columbia Track Club, Tryathletics, CyclExtreme, Sonshine Graphics, B & B Bagel Co., Mayors Council on Physical Fitness & Health, PedNet Coalition, Shakespeare's Pizza

(Please Print Neatly)

Name: _____ **Age** _____ **Birth date** _____ **Gender** M F

Address _____ **City** _____ **State** _____ **Zip** _____

T-shirt size (please circle): Youth: M L Adult: S M L XL XXL

Make Checks Payable to: First Night Columbia

Mail registration forms to:

Tryathletics, 1605 Chapel Hill Rd., Columbia, MO 65203

Attn: First Night Run

Or return forms to Tryathletics on Chapel Hill Rd., or CyclExtreme at 19 S 6th St.

Or register online at <http://ctc.coin.org> Race Director Linda LaFontaine, linlafontaine@aol.com

Waiver: (Participants under age 18 must have guardian signature to be accepted)

I am aware that participating in a running/walking event is potentially hazardous. I am aware I should be properly trained and medically able to enter a running/walking event. I willingly assume the risks of running on public streets and assume any and all other risks that are foreseen and unforeseen, including, but not limited to, the risks of falls, the effects of weather, condition of roads, and the probability of increased risk if I am inadequately trained or medically impaired. I understand that any rule interpretation is determined by the race director and his/her judgment will be final.

Knowing these and other facts, and in consideration of your accepting my entry to participate in the First Night 5K, I hereby, for myself, heirs, personal representative, and anyone else who may claim on my behalf, covenant not to sue, and waive and release the Columbia Track Club, the City of Columbia, First Night Columbia, Inc., volunteers and staff, including their agents, employees or others acting on behalf of those entries from any and all claims of liability for death, personal injury and property damage of any kind, arising out of or in the course of my participation in this event. I also promise that I will not wear headphones while participating in this race. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, video graphs, motion picture recordings, or any other record of this event for any purpose whatsoever.

signature

parent or guardian signature if under 18