

Missouri Natural Resources Conference
6th Annual 5K Fun Walk/Run Entry Form
Wednesday, February 4, 2009 - 5:30 pm

Challenge your fitness and fellow natural resource colleagues in the 6th annual MNRC 5K Fun Walk/Run. Runners and walkers are welcome to participate. The course at Tan-Tar-A is scenic and hilly, and this year's time may give you a view of a gorgeous sunset!

Medals will be presented to the overall Male and Female and the top three finishers in the following categories: under 30, 30-39, 40-49, and 50 & older. This year the special award for the "Fittest Society" will be determined by total number of participants, NOT the fastest time! Free short sleeve t-shirt is included with the first 100 fun run registrations.

To register for the 5K Fun Walk/Run, indicate this on the MNRC Conference Registration Form, fill out this entry form and sign the liability waiver. After January 23rd, you will need to turn in the completed entry form with the signed liability waiver/release at the Conference Registration Desk. All Runners and walkers need to check in at the Conference Registration Desk before the race.

Name (Last, First, MI): _____

Address: _____

City/State/Zip Code: _____

Daytime Phone: _____

Your age as of February 4: _____ Gender (✓): Male: Female:

Society Affiliation: _____

WAIVER/RELEASE: I, the undersigned in consideration for participating in the MNRC 5K Fun Walk/Run, for myself, my heirs, assigns and personal representatives, hereby waive, release and promise not to sue the MNRC, the Missouri Society of American Foresters, the Missouri Chapter of The Wildlife Society, the Missouri Chapter of the American Fisheries Society, the Show-Me Chapter of the Soil and Water Conservation Society, race directors, all sponsors, and the officers, agents and employees of those entities for any injury or damage I suffer as a result of my participation in this event. I realize and assume the risks involved in participating in an event of this length and nature, the risks involved in walking/running on public roads at night with vehicular traffic and other walkers/runners, and the risks involved with walking/running on uneven surfaces, water, snow, ice, or small debris. I certify that I have properly trained for the event and that I will walk/run it on foot without wearing headphones. I understand that in signing this waiver and release I am giving up valuable rights, though it is not possible to know what damage I might suffer. I am releasing the above named entities from all responsibility or liability. I have read this waiver and release and am signing with full understanding of its full meaning and knowing it is a binding legal document.

Signature

Date