

IM ABLE DUATHLON and 5k REGISTRATION

IM ABLE

>>> foundation

DUATHLON & 5k



September 11th, 2011 - 8:30am

- Duathlon: 5k run, 15.4 mile bike, 5k run
- **New for 2011: 5k run**
- At Wyomissing High School
- Individuals or teams
- Disabled and able bodied athletes welcome
- Kid's bike race (following adult event)
- Benefits the **IM ABLE Foundation**:
Promoting active lifestyles to the disabled

To register & for more info visit us online at:

www.getupandmove.org

IM ABLE DUATHLON and 5k REGISTRATION

Please make checks payable to: IM ABLE Foundation		
5K REGISTRATION		
Individual only - \$25		
Name:	Gender: M / F	Birth Date:
<small>First, Last</small>		
Address:		Email:
<small>Street, City, State, Zip</small>		
T-shirt: WOMEN'S S M L XL		T-shirt: MEN'S S M L XL XXL
DUATHLON REGISTRATION		
Individual \$55		2 or 3 person team: \$85
\$25 discount for disabled athlete – sponsored by IM ABLE		
Individual / Team member #1		
Name:	Gender: M / F	Birth Date:
<small>First, Last</small>		
Address:		Email:
<small>Street, City, State, Zip</small>		
T-shirt: WOMEN'S S M L XL		T-shirt: MEN'S S M L XL XXL
Team member #2		
Name:	Gender: M / F	Age:
<small>First, Last</small>		
Address:		Email:
<small>Street, City, State, Zip</small>		
T-shirt: WOMEN'S S M L XL		T-shirt: MEN'S S M L XL XXL
Team member #3		
Name:	Gender: M / F	Age:
<small>First, Last</small>		
Address:		Email:
<small>Street, City, State, Zip</small>		
T-shirt: WOMEN'S S M L XL		T-shirt: MEN'S S M L XL XXL
EMERGENCY CONTACT	Name:	Phone:

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident, which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release, indemnify and forever discharge the Borough of Wyomissing, the event organizers, sponsors, promoters, representatives, agents, officers, employees, successors and assigns, and all other persons associated with the event, for any and all liabilities, claims of any kind or nature, actions, or damages that I may have against them arising out of or in any way connected with my participation in the "IM ABLE Duathlon", my use of parking facilities, or any other activity relate to or in connection with the IM ABLE Duathlon in the Borough of Wyomissing. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

Signature (Individual / Team member #1)	Date
Signature (Team member #2)	Date
Signature (Team member #3)	Date