



Saturday, August 28, 2010  
9:00 a.m.  
All Proceeds Benefitting  
**THE BACKPACK PROGRAM  
OF GUILFORD COUNTY**  
Hosted by the  
Friends of Kirkwood, Inc.

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## KIRKWOOD 5K REGISTRATION

For online registration, visit <http://k5k.kirkwoodlive.org>

Please complete one registration form per person over 18.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### T-Shirt Size (Check One):

Adult:  S  M  L  XL

Youth:  S (6-8)  M (10-12)  L (14-16)

### Check All that Apply:

Male  Female  Stroller Pusher  Kirkwood Resident

*Please enclose a check with this signed registration form. Make check payable to Friends of Kirkwood, Inc.*

#### ENTRY FEES – BEFORE RACE DAY

Runner.....\$20.00   
Family.....\$35.00

#### ENTRY FEES – ON RACE DAY

Runner.....\$25.00   
Family.....\$40.00

**WAIVER:** In addition to my entry fee and as further consideration for the opportunity to participate in the Kirkwood 5k Run/Walk/Push on August 28, 2010 (the “Event”) and any activities or events immediately prior to and after the Event, I fully release and discharge the Friends of Kirkwood, Inc. (“FOK”), its Directors (as officials of FOK and as individuals), and all individuals acting as volunteers before, during and after the Event (as officials of FOK and as individuals) from any and all claims for damages I or any participating child of mine suffers as a result of our participation in or traveling to or from the Event. I further warrant that I am over the age of 18, that I and any participating child of mine are in proper physical condition to participate in the Event and understand that participating in this event will subject me/us to vigorous physical activity and potentially dangerous conditions, including, without limitation, heat, humidity, uneven terrain, automobile traffic, and other participants who may cause falls or other injuries. **I UNDERSTAND THAT I AM WAIVING MY RIGHTS TO SUE.** Volunteers are expressly included in this agreement as third party beneficiaries.

Adult printed name: \_\_\_\_\_ Date: \_\_\_\_\_

Adult Signature: \_\_\_\_\_

**PLEASE RETURN ENTRY FEE AND COMPLETED REGISTRATION FORM TO:  
FRIENDS OF KIRKWOOD, INC. • 1404 COLONIAL AVENUE • GREENSBORO, NC 27408**

Never run before? Join in the Kirkwood 5K Running School powered by Julie Luther’s PurEnergy Fitness. School begins July 21 to register, contact: Julie Luther 336.282.4200 or [julie@julieluther.com](mailto:julie@julieluther.com)