



## Nun-Fun-Run/Walk

Seward Park, Seattle

8:00 AM, April 10, 2010

Register by April 7, 2010

\$20 for adults / \$10 for children 12 years old and under  
(T-shirt included with Registration Fee)

\*Participant First Name \_\_\_\_\_ Last Name \_\_\_\_\_

\*Phone \_\_\_\_\_

\*Address \_\_\_\_\_

\*City \_\_\_\_\_ \*State \_\_\_\_\_ \*Zip \_\_\_\_\_

Email \_\_\_\_\_

\*Age \_\_\_\_\_ 12 yrs or under \_\_\_\_\_ 13 years or older

If you are registering for a child, 12 years or under, please fill out the following information for his/her Parent or Guardian

\*First Name \_\_\_\_\_ \*Last Name \_\_\_\_\_

\*Phone \_\_\_\_\_

\*Address \_\_\_\_\_

\*City \_\_\_\_\_ \*State \_\_\_\_\_ \*Zip \_\_\_\_\_

Email \_\_\_\_\_

\*T-shirt size \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL

How did you hear about the Nun-Fun-Run \_\_\_\_\_

Sign waiver and send a check for **\$20 for adults** or **\$10 for children 12 and under** to:  
Providence Nun-Fun-Run  
c/o KC Young, OP  
5071 8th Ave NE  
Seattle, WA 98105

**PLEASE SUBMIT COMPLETED FORM, WAIVER & PAYMENT BY APRIL 7, 2010**

**REQUEST TO PARTICIPATE IN FUN RUN AT SEWARD PARK**

**RELEASE AND WAIVER**

I, the undersigned, wish to participate in the April 10, 2010 Fun Run at Seward Park sponsored by Providence Pariseau dba Providence Hospitality House and Sojourner Place ("Providence"). My participation in such activity is completely voluntary in nature. I understand that I am solely responsible for my personal health and safety and will not engage in any activities that subject me to undue risk.

In consideration of being allowed to participate in the above-referenced event, I hereby personally assume all risks in connection with such participation, and I further release Providence, its employees, volunteers, members, contractors, directors, agents and affiliates, from any harm, injury or damage which may occur to me while I am participating in said event, and I further save, defend and hold harmless such entities and individuals from any claim by me, my family, estate, heirs, assigns, and any third parties relating to or arising from my participation in said event.

I certify that (i) I am of lawful age and legally competent to sign this Release and Waiver and have read and understood its terms; (ii) I will fully comply with Providence's rules and instructions regarding my participation in said event; and (iii) I understand that this is a release of liability and that I am signing it on a voluntary basis, and that by doing so I intend to release, in advance, and to waive my rights and discharge all of the persons and entities mentioned above from any and all claims for damages for personal injury or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in said event.

**PLEASE READ THE ABOVE CAREFULLY BEFORE SIGNING.**

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Print Name

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Sign Name

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Date