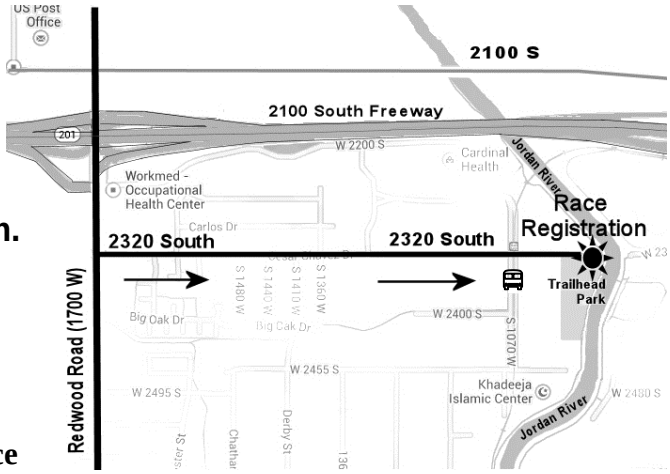
24th Annual
Independent Living 5K "RUN & ROLL"

Enhancing the Independence of People with Disabilities

Saturday
June 21, 2014
Registration 8:30 a.m.
Race begins at 9:30 a.m.



Distance: 5K open
Place: Jordan River Trailhead Park (2320 S 1000 W)
Enter from Redwood Road (1700 W)
(by River Trail Trax Station)

Registration: $20.00 before the race or $25 at the race

⇨**Online Registration *until June 19* at www.uilc.org**

⇨ **Mail-in checks payable to: Utah Independent Living Center**
3445 South Main Street
Salt Lake City, UT 84115-4453

for credit card payment, call (801-466-5565) and ask for Patty or Kim.

GENERAL PRIZE DRAWINGS - EVERYONE ELIGIBLE TO PARTICIPATE
MUST BE PRESENT TO WIN

For information, call Debbie or Kim at 801-466-5565 Voice or TTY

✂----------

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Please choose all that apply:
____ I plan to race. (Choose race category, gender and shirt size below.)
____ I would like to make an additional donation of _____ . (*Thank you!*)
____ I would also like to sponsor a racer who otherwise couldn't participate. ($20 each)

CATEGORY (Circle One) ***Runner*** ***Walker*** ***Non-Assisted Wheelchair (manual, non-assisted)*** ***Assisted Wheelchair (motorized or assisted)*** ***Hand Cycle***

T-SHIRT (Circle One) ***S M L XL XXL XXXL*** **Child Sizes** ***2T 3T 4T***
GENDER ___F ___M

In consideration of my entry, I hereby for myself, my heirs, executors or anyone else who might sue on my behalf; waive, release, and discharge the sponsors, contributors, USATF, volunteers, officials, race organizers and others from all rights, claims or liability for death, personal injury or property damage of any kind or nature whatsoever, arising out of or in the course of my participation. I attest that I am physically fit and have trained to participate in this event. I understand that all registration fees are non-refundable

This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. Minors will be accepted with a parent's signature.

Signature of Racer _____ Date _____

(Parent's signature needed if racer is under 18)