



TMCC Fitness Center Fall FUN Run

Saturday, November 7, 2009
5K (3.1 mile) Fun Run/Walk
or
2 mi. Fitness Run/Walk/Crawl

Join us for a fun and healthy way to start the holiday season!

Sign in:

9:15-9:45 a.m. at the V. James Eardley Student Services Center, 7000 Dandini Blvd. in Reno
Warm up will start at 9:50 a.m.

Start times:

5K Fun Run/Walk: 10 a.m.; 2 mi. Fitness Run/Walk/Crawl: 10:05 a.m.

Register:

- ▶ Complete the registration form
- ▶ Return registration form with payment to the Fitness Center, in the Eardley Student Services Center

Cost:

Students or Fitness Center members:
All other participants:
Family price:

Early registration before Nov. 2	Registration after Nov.2
\$10	\$15
\$15	\$20
\$25	\$30

Details:

- ▶ Refreshments and Door Prize Drawing will be provided after the Fun Run, **Must be present to win!**
- ▶ For more information call 674-7974 or e-mail ghart@tmcc.edu

TMCC Fall FUN Run 2009

Please circle event:

5K Fun Run/Walk

2 mile Fitness Run/Walk/Crawl

Last Name	First Name
Mailing Address	
City	State
Phone	E-mail

Please circle amount paid:

Early registration: before Nov. 2

\$10 Student/Fitness Center members
\$15 All other participants
\$25 Family

Registration after Nov.2

\$15 Student/Fitness Center members
\$20 All other participants
\$30 Family

TMCC is an EEO/AA institution.

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I know that this event is a potentially hazardous activity and I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby release and hold harmless and covenant not to file suit against Truckee Meadows Community College, the TMCC Fitness Center and any affiliated individuals (volunteers, TMCC employees and students) and all other persons or entities associated with the event (the "Releases") from any loss, liability damage, or claims I may have arising out of my participation in this event, including personal injury or damage suffered by me or others, whether same be caused by falls, contact with other participants, conditions of the course, negligence of the Releases or otherwise. If I do not follow all the rules of the event, I understand that I may be removed from the competition.

Signature

Date