



## **12th Annual Women In Distress SAFEWALK-RUN 5K**

Saturday, October 30, 2010  
Markham Park in Sunrise, FL  
*USATF Certified Course CHIP Timed*  
Registration: 6:30 –7:15 a.m. RUN/WALK: 7:30am

### **PARTICIPANT WAIVER**

In consideration of accepting this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against Women In Distress of Broward County, Inc., any and all sponsors, their officers, directors, members, and volunteers, other parties and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and am voluntarily participating in this event at my own risk. My physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, video-tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

**\*NO ONE MAY PARTICIPATE IN THIS EVENT WITHOUT SIGNING THIS OFFICIAL WAIVER. IF UNDER 18, SIGNATURE OF LEGAL GUARDIAN AND PARTICIPANT ARE REQUIRED.**