

**SEATTLE'S BEST 15K**  
**SATURDAY, MAY 19, 2012**

7:00AM

Online Registration: [www.seattle15k.com](http://www.seattle15k.com)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Sex: M F Age (on May 19/12): \_\_\_\_\_ Date of Birth: M/D/YR \_\_\_\_/\_\_\_\_/\_\_\_\_

Race Pace: \_\_\_\_\_ minutes/mile

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

State: \_\_\_\_\_ Postal Code: \_\_\_\_\_

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

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

Shirt Size: \_\_XS \_\_S \_\_M \_\_L \_\_XL \_\_XXL (unisex)

Medical conditions we should be aware of: \_\_\_\_\_

<b>ENTRY FEES:</b>	<b>until Jan 31/12</b>	<b>February 1 - May 11/12</b>	<b>May 12 - May 19/11</b>
	<b>\$45</b>	<b>\$55</b>	<b>\$65</b>

Entry Fee: \$\_\_\_\_\_

Mail entry form and payment to:

**TOTAL HEALTH EVENTS**, 2132 Westlake Ave N., #124, Seattle, WA, 98109

Fees include t-shirt, rental of timing chip, on course support and post-race food

**WAIVER:** IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in Serattle's Best 15K, I, for myself, my heirs, executors, administrators, successors and assigns, HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE Total Health Events LLC, all sponsors, contributors, contractors, employees and sanctioning bodies OF AND FROM ALL claims, demands, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the event, AND OF ANY OF THE AFORESAID. I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by all of them as a result of, or in any way connect with, my participation in the said event. BY SUBMITTING THIS ENTRY I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED TO THE ABOVE WAIVER, RELEASE AND INDEMNITY, I WARRANT that I am physically fit to participate in this event.

PRINT NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

GUARDIAN SIGNATURE (if under 17): \_\_\_\_\_