

5th Annual  
**Edmonds Christmas**  
5k Run/Walk  
"Run Rudolph Run"

When

Saturday-December 12, 2009  
Run starts 830am  
Registration opens 715am

Where

Civic Track/Field-6th and Bell

Cost

\$15/person no shirt  
\$25/person w/shirt **register by Dec 5**  
\$30 day of w/shirts to be ordered  
\$20 day of no shirt

Awards

Overall male/female & age group winners



CONTACT: Running In Motion  
401 Main Street  
Edmonds, WA 98020  
425-774-0637

frank@runninginmotion.com  
www.runninginmotion.com

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ AGE \_\_\_\_\_

SHIRT SIZE S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ (ADULT SIZES)  
Youth size s \_\_\_ m \_\_\_ l \_\_\_

Please make checks payable to: **Running In Motion** Send to:  
Running In Motion  
401 Main St, Edmonds, WA 98020  
For credit card call: 425-774-0637

Waiver for insurance purposes: I hereby certify the following; (1) I am medically able and properly trained to participate in the 5th Annual Edmonds Christmas 5K Run/Walk (2) I further agree in the event of an injury or accident that event officials may authorize necessary treatment for me and I further authorize the necessary medical treatment provider to furnish to the event organizers my name, telephone number, and if applicable, the name of any hospital or medical facility I was transported to by any necessary treatment as a result of any injury or medical problem that arose out of this event, and (3) I further grant the race organizer permission to reproduce, publish, circulate, copyright or other use any and all photographs and/or videotapes of my and/or my family, taken at the event, and (4) Having read this waiver and knowing these facts, and in consideration for the acceptance of my entry into the event, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all subsidiaries, affiliates, assigns, representatives and successors of Running In Motion and all event sponsors, suppliers, agents, independent contractors, employees and another personnel in any way assisting or connected with the 5th Annual Edmonds Christmas 5k run/walk, Run Rudolph Run from any and all claims of any kind whatsoever.

Signature \_\_\_\_\_

Signature of parent or guardian if participant is under 18 year of age