

2nd Annual Friends Helping Friends 4-Mile Race
1-Mile Fun Run/Walk & Kids Dash
Sunday, April 18, 2010



First Name: _____
Last Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Phone: _____ Age (On Race Day): _____ Male or Female
Email: _____

Event Registering For (check one): _____ 4-mile Race _____ 1-mile Run/Walk _____ Kids Dash

T-Shirt Size (Circle One): ADULT: S M L XL XXL YOUTH: XS S M L

Race Day Registration will begin at 1:00 p.m.* Registration Fee: \$20 - after April 9th: \$25

Race & Fun Run/Walk will begin at 2:00 p.m.*

Kid's 400m dash will begin at 3:30 p.m.*

*All times are Central

Make checks payable to Sequatchie County Cancer Support Network. Mail registration form and fee to
Citizen's Tri-County Bank ATTN: Dianne Mounce, POB 697, Dunlap, TN 37327

~ You may register online at www.runwalkjog.com ~

All proceeds go to the Cancer Network, which helps cancer patients and their families in Sequatchie County with medical bills, funds for trips to the doctor, and other needs.

Waiver: By signing below I hereby release The Sequatchie County Cancer Support Network and volunteers from all claims for damages arising from any accidents or injury, which are caused by or arise from the participation of the above name applicant during any program or in any facility or at any location where this program is held.

Participant Signature: _____
(Parent/Guardian if under age 18)