

1st annual
Integrity Worldwide
2010 **ONE MILE AT
A TIME 5K** REGISTRATION FORM
AND 1 MILE FUN RUN



First name _____ Last name _____

Address _____ M F Age _____

City _____ State _____ ZIP _____ Phone _____

Email _____ T-Shirt size _____

Race option: ONE MILE AT A TIME 5K One mile FUN RUN
 \$25 Adults \$25 Adults
 \$15 Kids (12 & under) \$15 Kids (12 & under)

Complete and mail in registration form with enclosed check.

Make checks payable to: Integrity Worldwide 5K & Fun Run

Send complete race registration form(s) to: Integrity Worldwide
1514 Moorez Ferry Road
Selma, Alabama 36701

**IF YOU ARE UNDER AGE 18, PARENT OR GUARDIAN MUST SIGN ENTRY FORM.
ALL ENTRY FEES ARE NONREFUNDABLE.**

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants or spectators, the effects of the weather - including hot or extreme hot temperatures, hypothermia, and wind chills or the conditions of the road surface, all such risks being known and appreciated to me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act for my behalf, waive and release Integrity Worldwide Inc., the management personnel, volunteers, and all sponsors of the event, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability might arise out of negligence or carelessness on the part of the persons named in this waiver.

I hereby consent to and authorize the use and reproduction, in print or electronic format by Integrity Worldwide or anyone authorized by Integrity Worldwide, of any and all photographs which have been taken on this day for any publicity purposes without compensation. All images - electronic, negatives and positives, together with the prints are owned by Integrity Worldwide.

I hereby acknowledge that I have read and understand the terms of this release. If you are under age 18, parent or guardian must sign entry form.

Signature _____

Additional printable forms are available online at www.integrityworldwide.com.
Register online at www.integrityworldwide.com