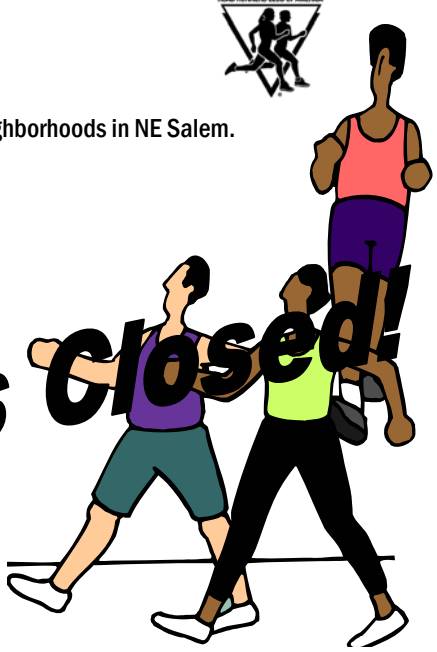
The Willamette Valley Road Runners Presents

Weight Watcher's Walk-It-Day 5K

Sunday ~ May 22, 2011 ~ 11:00 A.M.
Alyce Yoshikai Elementary, Salem, Oregon
4900 Jade St. NE

Sorry, Registration is Closed!



Course: Accurately measured 5K course is flat, on sidewalks, roadways, and grass through neighborhoods in NE Salem.

Entry: **$15** pre-registered by May 10 ~ Preregistration fee includes a cotton event T-shirt.
$18 after May 10th ~ Registration after May 10th does not include a T-shirt.
Event proceeds benefit fitness programs at Yoshikai Elementary School.

Registration: ONLINE: www.wvroadrunners.org DROP OFF: Yoshikai Elementary School
MAIL IN: Weight Watcher's Walk-It-Day 5K, P.O. Box 4002, Salem, OR 97302
DAY OF EVENT: Registration begins at 9:30 AM at Yoshikai Elementary School

Awards: This is a non-competitive event, however individual times will be provided.
All participants are eligible for "Finisher's Raffle Prizes".

Restrictions: Participants may [illegible] restrictions: no roller blades. skates, skateboards, [illegible] dogs, or unregistered participants. Baby joggers, strollers are allowed; children riding in these are free.

Questions: Lesley Johnson: lesleyjoe@msn.com or 503 581-9332

Directions: From I-5 south, exit 258. Left off exit onto Portland Rd. From I-5 north, exit 258. Right off exit onto Portland Rd.
Once on Portland Road: 1) Right on Ward Dr. 2) Left on 45th. 3) Right on Jade to end of street, at Yoshikai School.

Packet Pick Up: Yoshikai Elementary School, Friday, May 20, noon to 4:30 or before the event on May 22 beginning at 9:30 A.M.

Each participant must have a separate entry form.

Adult T-shirt size ~ circle one
M L XL XXL

_____ $15 before May 10
_____ $13 WVRR member
_____ $18 May 10th & after: no T-shirt

Checks payable to: WVRR
Mail to:
Weight Watcher's Walk-It-Day 5K
P.O. Box 4002 ~ Salem, OR 97302

PRINT:
First name _____ Last name _____

Address: _____ City/State/Zip: _____

Phone: _____ Email: _____

Age on 5-22-2011: _____ Circle: **Male** **Female**

OFFICIAL WAIVER: You understand that participation in the event is potentially hazardous and that a registered party should not participate unless they are medically able and properly trained. You agree to abide by any decision of any event official relative to your ability to safely complete the event. You understand that events may be held on or on roads and facilities open to the public during the event and upon which hazards are to be expected. Participation carries with it certain inherent risks that cannot be eliminated completely including the [illegible] injuries including death, and you are voluntarily entering the event and assume all risks associated with participation, including, but not limited to, [illegible] and/or humidity, traffic and the conditions of the course. Having read this waiver, you understand an agree that in consideration of being permitted to participate in the event, you [illegible] registered party, the heirs, personal representatives or assigns of you or the registered party or anyone else entitled to act on your or the registered party's behalf [illegible] and covenant not to sue the Willamette Valley Road Runners, Weight Watchers International, Inc., and the Road Runners Club of America, and all of their respective representatives, [illegible] directors, agents, and employees for any and all liability from any and all present and future employees for any and all liability from any and all present and future claims and liabilities of any [illegible] known or unknown, arising from participation in the event or related activities by you or any registered party even though such claim or liability may arise out of negligence or fault on the part of any of the following persons or entities.

The Willamette Valley Road Runners, Weight Watchers International, Inc., and the Road Runners Club of America shall not be liable for any direct, indirect, incidental, special or consequential damages, resulting from (A) the [illegible] or any cancellation, interruption or delay thereof or (B) for the cost of procurement of substitute goods and services or (C) resulting from any injuries, theft, loss or damage to person or property suffered in connection with the event or (D) resulting form unauthorized access to or alteration of your personal data, including but not limited to, damages for loss of profits, use, data or other intangible loss, even if you have been advised of the possibility of such damages. You expressly agree that your participation in the event is at your sole risk. The Willamette Valley Road Runners, Weight Watchers International, Inc., and the Road Runners Club of America expressly disclaim all warranties of any kind, express or implied, including without limitation any warranty of merchantability, fitness for particular purpose or non-infringement.

Signature: _____ Date: _____

(Parent signature required if registering a minor)