



Fee: \$ 30

**\*\*PLEASE PRINT LEGIBLY\*\***

<b>BIB #</b>
For Official Use Only

# RUN

1. Fill out form COMPLETELY.
2. Sign Waiver: (Unsigned forms will not be accepted)
3. Have cash/credit card ready or write out check
4. Make check payable to: LFNC
5. Take form to on-site registration table

<b>Payment:</b> For Official Use Only		
Cash	Check #	VISA/MC/AMEX

**FIRST NAME** \_\_\_\_\_ **LAST NAME** \_\_\_\_\_ **TEAM** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **EMAIL** \_\_\_\_\_ **SEX** M F **AGE** \_\_\_\_\_ **D.O.B.** \_\_\_\_\_

<p><b>WAIVER</b></p> <p>Disclaimer:I understand that I am collecting funds for and walking/running for the Lupus Foundation of Northern California. I hereby affirm that I am in proper physical condition to participate in the 5K Run and Walk for Lupus and in consideration of this entry, agree to assume all risk of injury to myself and all risk of damage or loss of property arising out of my participation in this event. I further agree to release and forever discharge from any and all liability the Lupus Foundation of Northern California, Marc Lund and the Wilcox DGM, West Valley Mission Community College District, its officers, officials, employees, and volunteers and all LFNC sponsors, staff, subcontractors, and volunteers, which may arise from my participation in this event. In consideration of my entry and my own free will, I for myself, my heirs, executors, administrators and assignees, agree to indemnify and hold harmless all of the aforementioned sponsors and promoters from any and all liability, claims, demands, actions, loss and/or damages arising out of my participation of the 5K Run and Walk for Lupus.</p> <p><b>Signature:</b> _____ <b>Date:</b> _____</p> <p style="text-align: center;"><b>ALL ENTRANTS MUST SIGN WAIVER. (Parent/Guardian if under 18)</b></p>
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*How did you hear about the 15th Annual Run and Walk for Lupus?*

- Friend/Relative
- Newspaper  
Which one? \_\_\_\_\_
- Television/Radio  
Which one? \_\_\_\_\_

- Flier handout at another run  
Which one? \_\_\_\_\_
- Magazine-Which one? \_\_\_\_\_
- Internet site \_\_\_\_\_
- Local Merchant \_\_\_\_\_

- LFNC Quarterly Newsletter
- LFNC Promotional Flier
- School/Community Center/Club  
Which one? \_\_\_\_\_