

Can Do 5K/10K Registration Form



Saturday, March 27, Bothell
Seattle Times North Creek Facility
www.CanDo5K.org

Mail with check payable to
 Northshore Special Families to:
 Can Do 5K/10K
 18414 103rd Ave NE
 Bothell, WA, 98011
 Entries must be postmarked by March 20th.

First Name **Date of birth**

Last Name **Gender** M F

Mailing address

City **State** **Zip Code**

E-mail **Phone**

1 Mile Walk **5K Run or Walk** **10K Run** **Shirt size** YS YM YL YXL AS AM AL AXL 2XL

Register early to guarantee t-shirt size.

Individual **Family** see below **Team** **Team Name**

If family category, fill out information below for each additional family member.
1-t-shirt per paid entry; family members order additional t-shirts at right.

Name	Gender	Birthdate (xx/xx/xxxx)	Distance (circle option)
2	M F		1 Mile 5K 10K
3	M F		1 Mile 5K 10K
4	M F		1 Mile 5K 10K
5	M F		1 Mile 5K 10K

Additional t-shirts		
Size	Qty.	\$10 each
YS		\$ _____
YM		\$ _____
YL		\$ _____
YXL		\$ _____
AS		\$ _____
AM		\$ _____
AL		\$ _____
AXL		\$ _____
2XL		\$ _____

Waiver release: I know that participating in a road race is potentially a hazardous activity. I should not enter and participate 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 event. I assume all the risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic and the conditions of the road, trails, sidewalks, stairways and all other pathways of the route, all all such risks being known and appreciated by 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 on my behalf, waive and release Northshore Special Families, the Center for Human Services, members of the Can Do Committee, Can Do 5K Race organizers, North Creek Maintenance District Association, Schnitzer West, LLC, S/I North Creek II, LLC, The Seattle Times, The City of Bothell, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the foregoing named in this waiver. I, and anyone acting on my behalf, give full right and permission to all the foregoing to publish, copyright, and use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose, in whole or in part, composite or retouched in character or form. I further understand that my entry fee is non-refundable. If I am under 18 then my parent or guardian must sign.

Signature of participant or parent/guardian _____ **Date** _____

Registration Fees			
Category	Jan. 4- Feb. 28	Mar 1- Mar 24	After Mar 24
Individual	\$20	\$25	\$30
Family	\$40	\$45	\$50
Team (per member)	\$20	\$25	\$30
Optional donation to Northshore Special Families			\$ _____
Total payment			\$ _____