

# CAN DO 5k • 2019 REGISTRATION FORM

ENTRIES MUST BE POSTMARKED  
BY **APRIL 10<sup>TH</sup>**

Seattle Times North Creek Facility

[www.CanDo5K.org](http://www.CanDo5K.org)

Mail check payable to:

My Village Northwest Can Do 5K •

13110 NE 177th Place #376, Woodinville, WA 98072



**SATURDAY  
APRIL 27**

**FILL OUT COMPLETELY • PRINT CLEARLY • COPIES OK • NO REFUNDS**

1. FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE # \_\_\_\_\_ ALT PHONE # \_\_\_\_\_

EMAIL \_\_\_\_\_

REGISTERING AS  Individual  Family (See below) AGE on 4/28/19 \_\_\_\_\_

DISTANCES  1-Mile Walk  5K Run/Walk GENDER  M  F

Team Name \_\_\_\_\_

I'm the Team Captain  YES  NO How did you hear about us? \_\_\_\_\_

ONE T-SHIRT PER PAID ENTRY  
ADDITIONAL T-SHIRTS AVAILABLE AT \$15 EACH

YOUTH SIZE					
YS	YM				
MEN'S ADULT SIZE					
XS	S	M	L	XL	2XL
WOMEN'S ADULT SIZE					
XS	S	M	L	XL	2XL

YOUTH	SIZE	QTY	\$15 EA
	SMALL		
	MEDIUM		
MEN'S	XS		
	SMALL		
	MEDIUM		
	LARGE		
	XL		
WOMEN'S	2XL		
	XS		
	SMALL		
	MEDIUM		
	LARGE		
	XL		
	2XL		

If Family category, fill out information below for each additional family member  
One t-shirt per paid entry; family members order additional T-shirts above.

Name	Gender	Age on 4/28/19	Distance (circle option)
2.	M F		1M 5K
3.	M F		1M 5K
4.	M F		1M 5K
5.	M F		1M 5K

Registration Fees			
Category	Aug. 1 - Dec. 31	Jan. 1 - Apr. 1	After Apr. 1
Individual	\$35	\$40	\$45
Family	\$50	\$60	\$65
Registration Fee	\$ _____		
Additional T-shirts (\$15 each)	\$ _____		
Optional donation	\$ _____		
<b>Total payment</b>	<b>\$ _____</b>		

Waiver: 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 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 My Village Northwest, 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 \_\_\_\_\_

If you have any questions, please email us at [register@cando5k.org](mailto:register@cando5k.org)