

Paraquad's Roll N Race

5K Run, Walk, and Roll

Saturday, April 17, 2010 at 9:00am

Location: Forest Park, St. Louis (in front of the Visitor's Center)

Cost: \$20 entry fee

Registration: Registration begins at 7:30am in Forest Park Visitor's Center. Pre-registrants may pick up T Shirt and Bib on Friday, April 16th from 10am to 3pm at Paraquad (5240 Oakland).



2010 Roll N Race Registration

All proceeds to support Paraquad Center for Independent Living providing programs and services for people with disabilities.

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Sex: M F Age on 4/17/2010: _____ Phone: (_____) _____

T-Shirt Size (circle one): S M L XL 2X E-mail: _____

How did you hear about Paraquad's Roll N Race? Website Newsletter Email
 Friend/Family Radio Newspaper Other _____

Category:

5K runner/walker 1Mile Fun Run Open Wheelchair Quad Wheelchair Handcycle
 Virtual Runner (donation)

Waiver of Liability: In consideration of the acceptance of my registration to participate in this race, I agree to indemnify and save harmless Paraquad its agents, servants, and employees, from and against any and all damages arising from injuries to persons or damage to property occasioned by any acts or omissions of participant, its agents servants or employees in defense of any claim, action or suit, irrespective of any claim that an act, omission or negligence of Paraquad or its agents, servants or employees contributed to such injury or damage. I understand that the registered activities and services may have an element of hazard or inherent danger and I take full responsibility for my actions and I acknowledge that I am physically fit and sufficiently trained to participate in the event. There will be photographs taken of this event.

Signature: _____ Date: _____
(Parent or Guardian if under 18)

Payment:

Please charge \$_____ to
 Visa Mastercard Discover American Express
Card # _____
Expiration Date _____

My check for \$_____ is enclosed
made payable to Paraquad

I am unable to attend Roll N Race
but please accept my donation for
\$_____

Please submit registration to:
Paraquad's Roll N Race
Susan Holdman
5240 Oakland Ave.
St. Louis, MO 63110

For more information please visit www.paraquad.org/race/
or contact us at 314/289-4200 (voice) or 314/289-4252 (VP) 314/732-1592