



STAMPEDE FOR MEN'S HEALTH 5K/1M June 26, 2010, 8:00 AM Wheeler Farm (South Cottonwood Regional Park) 6351 S. 900 E. Print legibly and sign at the bottom Entry fee for race: \$20 (check) postmarked by June 20th (\$25 race day), t shirt will be provided. Children under 10 \$10 with t shirt

Name _____ Age as of 12/31/10 _____ Sex _____

Address _____

City _____ ST. _____ Zip _____

Phone Number _____ T-shirt Size _____

E-Mail _____

.Check one: ___1M ___5K Check one: ___Run___ Walk

Waiver: In consideration of accepting this entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release any and all claims for damages, including personal injuries to me or wrongful death, I may accrue against the Stampede for Men's Health 5K/1M, and all persons and organizations affiliated with the race for any and all injuries that may be suffered by me during or in route to or from the event. I attest that I am physically fit and sufficiently trained for the distance I choose. My physical condition has been verified by a licensed physician in the last 6 months. The Stampede may use any photos taken of me for promotional purposes. As part of the waiver, I acknowledge that I have read and understand all of the above.

I hereby agree that, in the next 3 months, I will make an important change toward health for myself (a man) or encourage a change in a man in my life. This change might be a medical appointment ora medical screening, OR a lifestyle change, such as diet, exercise, or quitting smoking. I am willing to report such a change in an anonymous survey.

Signature of entrant (Parent or Guardian if Under 18) _____

Donate to any of these nonprofit organizations that are partners with the Stampede. Add the amounts you select to your payment:

\$ _____ American Diabetes Association \$ _____ American Heart Association

\$ _____ Cancer Wellness House \$ _____ American Cancer Society

\$ _____ Utah Healthy Living Foundation

Mail form and check to **UHLF dba Stampede, PO Box 17025, Holladay, UT 84117**
POSTMARKED BY JUNE 22ND OR FIND US ON THE WEB AT www.stampedeformenshealth.org

