

# REGISTRATION FORM

## Fill the Ark 5K & 1-Mile (walk)

### Saturday, May 22, 2010 - 8:00 AM - Wasatch Jr. High (north field)

"Fill the Ark 5K" is a non-profit community organization sponsoring this event with the East Mill Creek Community Council. All proceeds are donated to Heifer International ([www.heifer.org](http://www.heifer.org)) to fill an "Ark" full of animals for needy villages worldwide. Your individual registration fee includes a t-shirt. (You may also register as a family for \$25 plus \$5 per t-shirt)

Pre-Registration fee for individual participants in the 5K is \$15 per person (on line at [www.filltheark5k.org](http://www.filltheark5k.org) or by mail)  
**Day of Race Registration is \$20 per person for the 5K** (7 - 7:30 am only) and \$10 per person for the 1-Mile (walk)

Please complete the top portion of this Registration Form and the Race Waiver Release section for each participant. Sign the release waiver and return it, along with your check, by mail to

**Fill the Ark 5K; c/o: Mark Olson; 2939 Brookburn Rd. SLC UT 84109 - by May 17**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone (home): \_\_\_\_\_ Phone (work/cell): \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Phone \_\_\_\_\_

Age Group	Gender		Birth Date	INDIVIDUAL REGISTRATION Name	Event		T-Shirt Size (adult sizes except where noted)				Fees		
	M	F			5K	1M	youth	XS	S	M	L	5K-\$15	1M-\$10
11 & Under							youth	XS	S	M	L		
12 to 14							S	M	L	XL	2XL		
15 to 19							S	M	L	XL	2XL		
20 to 29							S	M	L	XL	2XL		
30 to 39							S	M	L	XL	2XL		
40 to 49							S	M	L	XL	2XL		
50 to 59							S	M	L	XL	2XL		
60 +							S	M	L	XL	2XL		
Total Individual Registration Fees											\$		

Age Group	Gender		Birth Date	FAMILY REGISTRATION Name	Event		T-Shirt Size (adult sizes except where noted)				Fees (does not include shirt)	
	M	F			5K	1M	youth	XS	S	M	L	\$5 per shirt
11 & Under							youth	XS	S	M	L	
11 & Under							youth	XS	S	M	L	
11 & Under							youth	XS	S	M	L	
							S	M	L	XL	2XL	
							S	M	L	XL	2XL	
							S	M	L	XL	2XL	
							S	M	L	XL	2XL	
							S	M	L	XL	2XL	
Family Registration Fee (immediate family only, please; shirts not included)											\$25.00	

I will be unable to Run or Walk in the event, but here is my tax-deductible contribution to "Fill the Ark"	\$
Please make the check payable to: <b>"FILL THE ARK 5K"</b>	Total Amount of check: \$

**RACE WAIVER & RELEASE:** I waive and release from all liability of the sponsors and organizers of the Fill the Ark 5K Run / Walk; and all volunteers and support people associated with the Run/Walk for any injury, illness, or mishap that may result from participation in the event. I attest that I am sufficiently trained for my level of participation. I also give my permission for the free use of my name and pictures in broadcasts, newspapers, and event publications. I understand that the entry fees are non refundable. If the race is canceled due to inclement weather, it may or may not be rescheduled.

Signature (or Guardian Signature for minor) \_\_\_\_\_ Print Name Here \_\_\_\_\_ Date \_\_\_\_\_