

t Name \_\_\_\_\_ Gender \_\_\_\_\_  
 h Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_  
 k | | Run | | Dog Run | | Kid's Fun Dash | |  
 ne Number \_\_\_\_\_ Mailing Address \_\_\_\_\_  
 State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 \_\_\_\_\_ Date \_\_\_\_\_

**VER:** I know that running a race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision by a race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including, but not limited to tripping and falling, contact with other participants, and the effect of weather, all such risks being and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, and on behalf of my accompanying minor or pet, waive and release The State of Washington, The City of Mercer Island, Mercer Island Parks and Recreation, all sponsors, contractors, or volunteers, their representatives, and success 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 persons named in this waiver. In this wa it permission to all of the foregoing to use any recordings or any other record of this event of any legitimate purpose and I understand that my name will be posted on the active.com website dedicated to this as a participant of the 2010 event. I also understand that my entry fee is non-refundable. A parent must sign if entrant is under 18 years of age. This is to certify that my child has permission to compete in th is in good physical condition and the event officials may authorize necessary medical treatment. I understand that this event is sanctioned by the Mercer Island Parks and Recreation and that bicycles, boards, roller-skates, or blades and headsets are not allowed in the race and I will abide by this guideline. I accept all liability for any accompanying minor, pet, stroller or wheelchair I bring onto the course.

**Registration Fee:** \$25 minimum on or before April 24th  
 Checks Payable to: Relay For Life: American Cancer Society  
 Minimum Registration Fee \_\_\_\_\_ \$25 \_\_\_\_\_  
 a Donation \_\_\_\_\_  
 il Donation \_\_\_\_\_

Check |  Online |  No Refunds!

**Register Today!**

[WWW.ACTIVE.COM](http://www.active.com)  
 ENTER "RELAY FOR LIFE 98115" IN SEARCH MENU  
 STROLLERS & WALKERS WELCOME  
 DOGS & OWNERS MUST OBEY LEASH & SCOOP LAWS  
 DOGS: BARK, WAG!  
 Parking & Entrance:  
 Use 65<sup>th</sup> St Entrance

## April 24<sup>th</sup>, 2010

**DIRECTIONS:**


**From Interstate 5** you can exit at either N.E. 45th Street (Exit #169) or N.E. 65th Street (Exit #171).  
**From the N.E. 45th Street exit**, go east on 45th, past the University of Washington, and down the 45th Street ramp. Continue east past University Village Shopping Center. Bear left and continue about 2 miles. You will pass Children's Hospital and Regional Medical Center and Sand Point Village/Princeton Avenue.  
**From the I-5 N.E. 65th Street exit**, head east approximately four miles on 65th (stay on the arterial!) until you have crossed Sand Point Way N.E. into the N.E. 65th Street entrance to Warren G. Magnuson Park.  
**From State Route 520 (SR520):**  
 Take the Montlake Boulevard exit (north) and continue north about 1 mile.  
 Bear to the right as Montlake Boulevard becomes NE 45th Street, continue past University Village Shopping Center.  
 Continue east through the NE 45th/Union Bay Place intersection. As the street bears to the left and north, it then becomes Sand Point Way NE.  
 Continue on Sand Point Way NE about 2 miles, you will pass Children's Hospital and Regional Medical Center and Sand Point Village/Princeton Avenue.  
**From Interstate 90 (I-90):**  
 Take Interstate 5 north about and continue about 4.5 miles to Exit #169, NE 45th Street.  
 At the stoplight, turn right onto NE 45th Street and continue east about 1.5 miles, passing the University of Washington campus and heading down a steep hill.  
 At the bottom of the hill, turn left at the stoplight and continue east on NE 45th Street.  
 NE 45th Street will bear left and become Sand Point Way NE.  
 Continue on Sand Point Way NE about 2 miles, you will pass Children's Hospital and Regional Medical Center and Sand Point Village/Princeton Avenue. Magnuson Park is on the right. Utilize 65<sup>th</sup> St entrance.

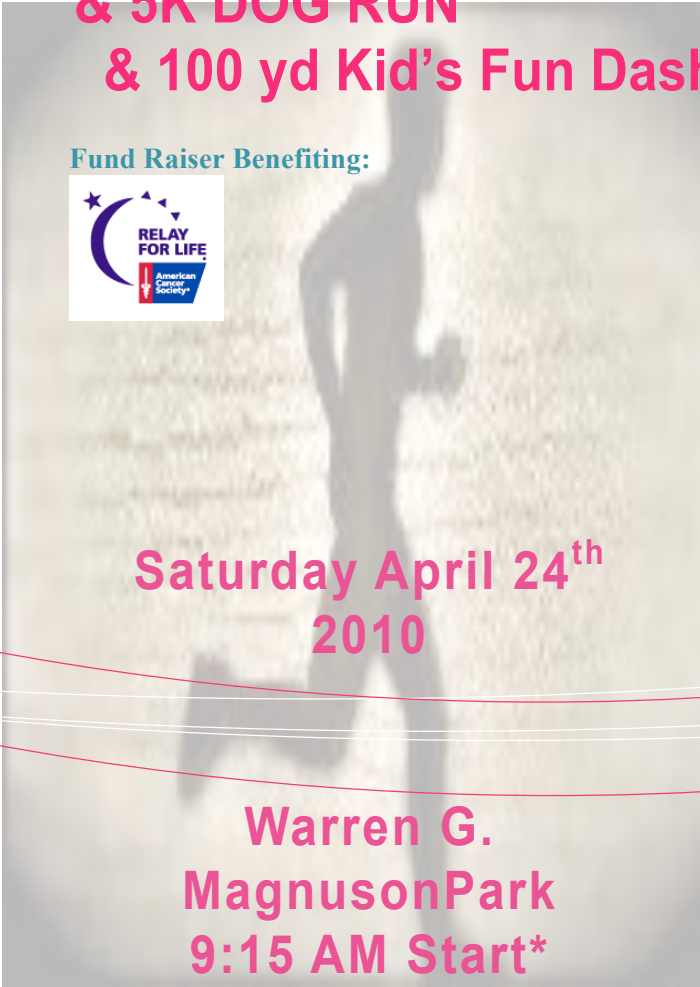
<http://www.seattle.gov/parks/magnuson/>

# 5K RUN / WALK

## & 5K DOG RUN & 100 yd Kid's Fun Dash

Fund Raiser Benefiting:





### Saturday April 24<sup>th</sup> 2010

## Warren G. Magnuson Park

### 9:15 AM Start\*

For more information:

Call 206 734 2546  
[Kiss.cancer.bye.5k@gmail.com](mailto:Kiss.cancer.bye.5k@gmail.com)

*All proceeds benefit the American  
Cancer Society*

\* Please use 65<sup>th</sup> St Entrance

PLACE  
POSTAGE  
HERE

ATTN: CHARLOTTE BERNHARDT  
5K MAGNUSON WALK/RUN  
6900 E GREENLAKE WAY N  
SUITE 448  
SEATTLE, WA 98115

**\* PLEASE MAKE CHECKS PAYABLE TO: RELAY FOR LIFE: AMERICAN CANCER**

## Information:

### Schedule:

7:45 AM	Registration Opens for All Races
9:00 AM	Main Race Registration Closes
9:15 AM	Main Race Begins
9:45 AM	Race with Canine Registration Closes
10:00 AM	Race with Canine Begins
10:30 AM	Kid's Fun Dash Registration Closes
10:45 AM	Kid's 100 Yard Fun Dash Begins
11:45 AM	Awards Ceremony Begins

### Food & Refreshments:

Complimentary water and bagels will be provided courtesy of our corporate sponsors. Additional refreshments, fruit, etc TBD.

### Contact Info:

For questions or further information:

Email: [Kiss.cancer.bye.5k@gmail.com](mailto:Kiss.cancer.bye.5k@gmail.com)

Phone: 206 734 2546 Charlotte Bernhardt

### Registration:

#### All Proceeds go to American Cancer Society

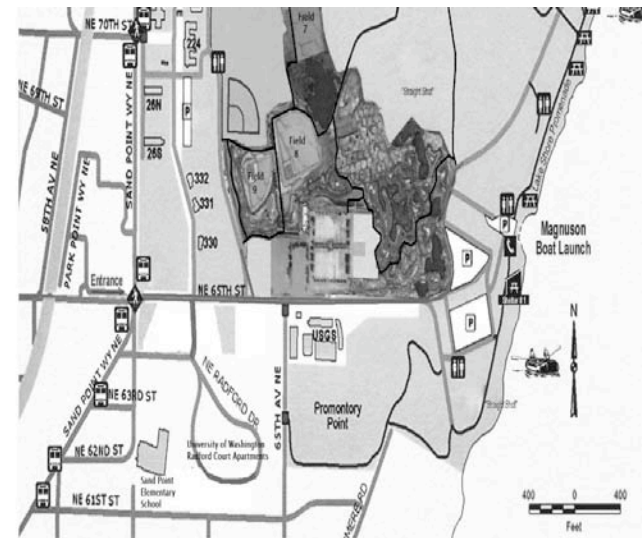
**Online:** Go to [www.active.com](http://www.active.com), enter "Relay For Life 98115" in the search menu. Follow the link and click "register Now". You can register as a guest for \$25 minimum. Extra donations are encouraged!

#### **By Mail:**

Fill out the attached form and send with check for minimum \$25 made out to "Relay For Life- American Cancer Society" and send to:

ATTN: Charlotte Bernhardt/ 5K Run/Walk  
6900 E Greenlake Way N  
Suite 448  
Seattle, WA 98115

**In Person:** You may register at any of the authorized stores or vendors kind enough to take registration or in person on the day of the event for a suggested minimum of \$30.



### Results:

Unofficial results will be listed on a poster-board near the finish-line shortly after the completion of the race.

Complete results will be posted online via [www.active.com](http://www.active.com) within 48 hours.

### Purpose of the 5K Charity:

Participate in raising money for Relay For Life American Cancer Society without having to Relay! All proceeds go directly to the American Cancer Society ([www.relayforlife.org](http://www.relayforlife.org)). Details follow:

**Organized by SPU Students "Kiss Cancer Goodbye" Team for the May 8<sup>th</sup> Relay For Life Event**

#### **Further Questions:**

**Kelley Cochran ([kelly.cochran@cancer.org](mailto:kelly.cochran@cancer.org))**

**Relay For Life SPU Event Director 800 227 2345**

FAQ Posted on [www.active.com](http://www.active.com) Simply enter "Relay For Life 98115".

### American Cancer Society Mission Statement:

*The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through*