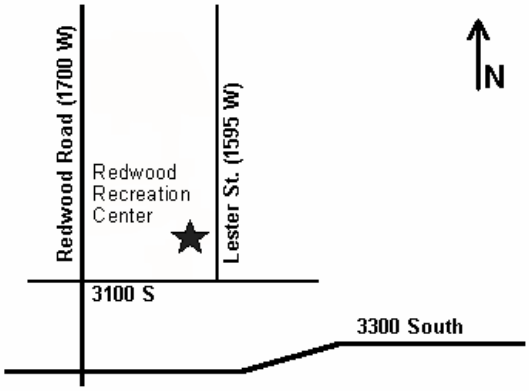
18th Annual
Independent Living 5K "RUN & ROLL"
Enhancing the Independence of People with Disabilities

Saturday
September 13, 2008
Registration 8:30 a.m.
Race begins at 9:30 a.m.



Distance: 5K open
Place: 3060 South Lester Street (1595 West) in West Valley
East Side of Redwood Recreation Center (3100 S Redwood Rd)
Cost: $15.00 - includes T-shirt ($20.00 day of race)
Caps available for sale at race - $12

Make checks payable and mail to:
Utah Independent Living Center
3445 South Main Street
Salt Lake City, UT 84115-4453

PRIZE DRAWINGS - EVERYONE ELIGIBLE TO PARTICIPATE - MUST BE PRESENT TO WIN

USATF Sanctioned Event

For information, call Debbie or Kim at 466-5565 Voice or TTY

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

CATEGORY (**Circle One**) ***Runner,*** ***Walker,*** ***Non-Assisted Wheelchair,*** ***(manual, non-assisted)*** ***Assisted Wheelchair,*** ***(motorized or assisted)*** ***Hand Cycle***

T-SHIRT for all racers (**Circle One**) ***S*** ***M*** ***L*** ***XL*** ***XXL*** ***XXXL***

In consideration of my entry, I hereby for myself, my heirs, executors or anyone else who might sue on my behalf; waive, release, and discharge the sponsors, contributors and others from all rights, claims or liability for death, personal injury or property damage of any kind or nature whatsoever, arising out of or in the course of my participation. I attest that I am physically fit and have trained to participate in this event. I understand that all registration fees are non-refundable

This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. Minors will be accepted with a parent's signature.

Signature of Racer _____ Date _____

(Parent's signature needed if racer is under 18)