



Date: Saturday, September 7, 2013

Location: The Bridge Church

129 Steiss St,

Glen Carbon, IL

Proceeds support Set Free, an organization fighting modern day slavery.

Starting Time: 8:00am

(competitive entries cut off 30 minutes prior to 5K race)

Entry Fee: \$20.00

(please include when returning this form)

Run Divisions: 10 and under / 6th,7th,8th Grade / Senior High / 19-29 / 30-39 / 40-49 / 50-59 / 60 +

Awards: 1st, 2nd, 3rd place for male and female in each division.

*Personal best time, will be recognized

Refreshments: Water stations will be available at the half way marker. A light snack will be provided at the end of the race.

Register online at <https://runsignup.com/Race/IL/GlenCarbon/RunFree5K> or by mail by August 28th to ensure a t-shirt. Race packet pick up is on Friday, September 6th from 4:30– 7:30pm or on the day of race.

Name: _____

Phone: _____ Email: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Date of Birth: _____ Division Competing in: _____ Gender: M / F

Shirt Size: small / medium / large / x-large / xx-large (circle one)

Waiver (must be signed) All participants in The Bridge 5K: Miles for Myanmar are required to assume all risk of participation in the event by signing this general agreement. In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns waive and release any and all rights, claims and causes of action I have or may have against The Bridge and their affiliates, their agents, employees, officers, directors, successors and assigns, and any and all sponsors, their representatives and successors that may arise as a result of my participation. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and a licensed medical Doctor has verified my physical condition. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose, including advertising. The participant also acknowledges that the entry fee is non-refundable.

Signature: _____ **Date:** _____

The BRIDGE

Return to: The Bridge
129 Steiss St.

Glen Carbon, IL 62034

Questions: Call Jody McIntyre
(314)874-3511

*Race formerly known as Miles for Myanmar