

August 1, 2009

5k race begins 8:00 am  
kids races begin at 9:00 am

Location: Benjamin Park  
7300 South 3200 West Spanish fork

free gym Memberships for top finishers and Raffle Prizes including free gym Memberships, Restaurant Gift certificates, ipods, family photography and much more!

**First 100 participants over 16 to sign up get a FREE 2-week gym membership!**

**REGISTRATION FEES:**

- 5k Early registration- \$15, July 4th - July 27th
- 5k Preregistration- \$18, July 28th - July 30th
- 5k Race day registration- \$20 (shirt is not guaranteed)
- Kids fun run (ages 3-9) Finisher prizes for kids, No shirt: \$10

All proceeds go to the Mark Richardson Family



# Mark The Great Benefit 5k

First name \_\_\_\_\_ Last name \_\_\_\_\_ Phone number \_\_\_\_\_

Street Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Today's Date \_\_\_/\_\_\_/\_\_\_ Age on race day \_\_\_\_\_

Please enter me in the annual "Mark the Great" Benefit 5-k and/or kids' fun run. In consideration of accepting this entry, I hereby, for myself, my heirs, executors, administrators, and personal representatives, waive and release the organizers of the Mark the Great 5-k, together with the affiliates, volunteers, sponsors, officers, and agents, and Utah County their employees, officers and agents, and the cities, towns, or political subdivisions in or through which the race is conducted, from any and all claims, demands, and causes of actions for personal injuries, including death, which I may have by virtue of my participation in said event. I also give the organizers of the Mark the Great fund permission for the free use of my name and/or picture in any broadcast or other account of the event. I further attest and certify that I am physically fit and have sufficiently trained for Competition in this event and that my physical condition has been recently verified as fit by a medical doctor. For safety reasons, we do not permit dogs, bicycles or scooters in the race. Sorry, no refunds are available. The undersigned, by his/her signature below, affirms that he/she has carefully Read this waiver and voluntarily agrees to all the terms set forth above.

PLEASE MARK (X) THOSE THAT APPLY:

Gender: Male \_\_\_ or Female \_\_\_

Race: 5k \_\_\_ or Kids run (ages 3-9) \_\_\_

T-shirt size small \_\_\_ Medium \_\_\_

Large \_\_\_ X-Large \_\_\_

Signature \_\_\_\_\_ Legal Guardian if Under 18 \_\_\_\_\_

All proceeds benefit the Mark the Great Foundation, for additional information visit, [www.rememberingmarkthegreat.blogspot.com](http://www.rememberingmarkthegreat.blogspot.com)

Send completed entry form for each Participant along with payment to:

**Mark the Great Foundation 677 N 650 E, Springville, UT 84663**