



**1<sup>st</sup> Annual SHOUT 4 Change 5K Walk/Run**  
*"Exercise your Right for change in Waterloo"*

**Date: Saturday May 16th, 2009**

**Early Registration @ 8am walk/run begins at 9am**

**Location: Sullivan Park, East 4<sup>th</sup> Street in Waterloo**

**We want to prevent violence by promoting mentoring opportunities with the faith based AMACHI Program.**

**Proceeds will also support Shout's many evangelism events throughout the summer. Please come out and run/walk for change!**

**Register at the following locations:**

**Waterloo:** 408 Archer Ave. Waterloo, IA 50703

**Cedar Falls:** *Runners Flat*, 115 E. 4th Street

**Mail in Registration:** P.O. Box 4154  
Waterloo, IA 50704

<i>SHOUT 4 Change 5k walk/run Registration Form</i>				
<b>First Name</b>				
<b>Last Name</b>				
<b>Address</b>				
<b>City/Zip</b>				
<b>Phone Number</b>				
<b>Gender: M F</b>	<b>AGE: Under 15</b>	<b>15-30</b>	<b>31-60</b>	<b>61 &amp;above</b>
<b>Event Category</b>	<b>5K Walk</b>	<b>5KRun</b>		
<b>E-mail</b>				
<b>Company Name</b>				
<b>Team Name</b>				
<b>Fundraising Goal</b>	<b>\$100</b>	<b>\$250</b>	<b>\$500</b>	<b>(See attached donation form)</b>

Waiver Acknowledgement and Assumption of Risk and Release:

The following release must be signed by each and every walker/runner or if the runner/walker is under 18 years of age, by the participant and the parent or legal guardian of the participant (walker/runner).

In consideration of your accepting my entry to run/walk in the **SHOUT! 4 Change 5k Walk/Run**,

I, \_\_\_\_\_ the undersigned, hereby on half of my heirs, my executors, administrators, successors, and assigns, waive, release, and hold harmless the Shout Ministries, their officers, board, committees, membership, agents, and Waterloo officials of this event or any of the sponsors and their representatives from any and all claims for damages for injuries, illnesses, death, loss of limb, or property, arising out of and or in connection with or from my participation as a walker/runner in the **SHOUT! 4 Change 5k Walk/Run** event or in transit thereto and there from. I hereby declare, represent, attest, and verify that I am physically fit, have not been diagnosed with any disease or physical condition, which would preclude me from participating in this event, that I have sufficiently trained for participating in the event , and that I am undertaking this entirely at my own risk.

I also understand and agree that a sponsor may subsequently use for publicity and or promotional purposes my name and/or pictures of me participating in this event without incurring any obligation for payment or any other liability to me. I also understand that the entry fees I pay are non-refundable. I have read this waiver carefully, understand its terms and conditions, and have done so I am signing it voluntarily.

Signature \_\_\_\_\_ Date \_\_\_\_\_