

EAT & RUN 2005



Long sleeve
t-shirts
available for
\$25

Each participant
receives a
t-shirt!

FRIDAY, SEPTEMBER 16, 5-8PM

Join us at Wyatt's Eatery at 211 First Ave SW in downtown Albany for great hors d'oeuvres and soft drinks. Meet with members of the Albany Public Schools Foundation and find out more about what we do for Albany's children in our schools. Door prizes will be raffled at 6 p.m. Tickets are available for \$5 at the door.

SATURDAY, SEPTEMBER 17, 9-11AM

Run & walk in a family oriented neighborhood through lovely manicured lawns and view colorful gardens along the way. The start & finish line of this 5K Run/Walk will be at West Albany High School's athletic field. Each participant will receive a commemorative t-shirt. Medals will be awarded to the top three finishers in each age category.

THANKS TO THIS YEAR'S SPONSORS!

ALBANY ATHLETIC CLUB • ALBANY DEMOCRAT-HERALD • ALBANY LEBANON SANITATION • BOEHME & RUNNING CPA's, LLC
CENTRAL WILLAMETTE CREDIT UNION • DONNA BANKS INCOME TAX SERVICE • EAST ALBANY LIONS CLUB
EDWARD JONES/CHRIS & RALPH SCARIANO • EXPRESS PERSONNEL SERVICES • F.L. SNYDER & SONS • FISHER IMPLEMENT CO.
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WEATHERFORD, THOMPSON, COWGILL, BLACK & SCHULTZ, P.C. • WELLS FARGO HOME MORTGAGE
WYATT'S EATERY AND BREWHOUSE

TO REGISTER:

- By mail or in person by September 10th at the Albany Public Schools district office (718 7th Avenue SW) Entry forms are available at sponsors and various other locations throughout the community and on the school district web site at www.8j.net.
- Online at www.goodrace.com.
- In person at the Albany Athletic Club, September 14-16 from 5 p.m. to 8 p.m.
- On the day of the race at West Albany High School athletic field from 7 a.m. to 8 a.m.

EAT & RUN 2005 REGISTRATION

LAST NAME

FIRST NAME

SEX

ADDRESS

CITY

STATE

ZIP

DATE OF BIRTH

AGE ON SEPTEMBER 17, 2005

PHONE

Pre-registration:

Adults: \$17 (before 9/10)

Long sleeve shirt:

\$25 (before 9/10)

After 9/10:

\$20 (all ages)

Youth (14 & under): \$12

SHIRT SIZE
(ADULT SIZES)

S

M

L

XL

XXL

RUN RELEASE-MUST BE SIGNED FOR ENTRY TO BE ACCEPTED

I, as a participant or the parent and/or guardian of a child participating in the 2005 Eat and Run event ("Event"), affirm that I and/or my children are in proper physical condition to participate in the Event and personally assume all risks incident to my or my child's participation in the Event organized by The Good Race and the Albany Public Schools Foundation, including without limitation, use of race related facilities, public streets and all other hazards incident to or related to the Event.

In consideration of the acceptance of this entry by the Albany Public Schools Foundation, on behalf of myself and/or my child and our heirs, successors, assigns, guardians, personal representatives, conservators and any other legal representatives, I hereby release, indemnify and hold harmless The Good Race, the Albany Public Schools Foundation, the Greater Albany Public School System, Event sponsors and the officers, directors, employees, agents and volunteers of the forgoing organizations from any and all liability, claims, demands or causes of action arising out of or related to, directly or indirectly, my or my child's participation in the Event.

SIGNATURE OF PARTICIPANT OR
PARENT AND/OR GUARDIAN OF CHILD PARTICIPANT

DATE

Make checks payable & mail to:
Albany Public Schools Foundation
718 7th Avenue SW, Albany, OR 97321