

# The City of Memphis and Shelby County Invites You to Join Us for Our 1<sup>st</sup> Annual National Family Health and Fitness Day



# 2010

Please join us for the 1<sup>st</sup> Ever Annual 5K to promote wellness & encourage employees & their families & the citizens of Memphis to participate in fun & fitness!

**What** → 5K Family Fun Walk/Run

**When** → Saturday, September 25, 2010

**Where** → Audubon Park...

“FREE” No 5K Walk/Run Entry Fee

Note: Race t-shirts Guaranteed for Pre-registration only—Must pick up at race.

**\*Pre-registration\***

**August 1, 2010 – September 17, 2010**

**Sponsored by**  
**Human Resources Division**  
**Quintin Robinson, Director**



## “Race Day Information”

Host: Joe Birch with Action News 5

- Registration time: 7:30—8:30 am
- City Mayor & County rep: 8:30—8:50 am
- Warm-up: 8:50 am – 9:00 am
- Start Times: 5K Run— 9:00 am  
5K Walk—9:15 am

**\*EVENT IS NOT TIMED\***

**Go at your own pace and have a great time with your family and friends!**

Program includes:

- Fitness assessments & exercise demos by local fitness centers!
- Health screenings!
- Free Kids Activities!
- Music !
- Free Food!
- Other Fun Displays & Exhibits!



**\*See attached registration form. One form per participant must be filled out.**

**For more information or to register, contact:**

**Betty Baggett at 576-6441 or Montez Taylor at 576-6460**



## REGISTRATION FORM

**ONE FORM PER PERSON**

**PLEASE PHOTOCOPY AS NEEDED**

Sept. 25, 2010 - 9:00 AM – National Family Health and Fitness Day – Family Fun Walk/Run 5K

**Please fill out a separate form for each family member & fax to 576-6484 or e-mail to [betty.baggett@memphistn.gov](mailto:betty.baggett@memphistn.gov):**

\_\_\_\_\_  
First Name (Please Print) Last Name Age (on race day)

\_\_\_\_\_  
Address

\_\_\_\_\_  
City / State / Zip Phone # Email

**I will participate in National Family Health and Fitness Day Family Fun Walk/Run 5K!**

**T-Shirt Size:** Adult Youth S M L XL XXL XXXL

(If other explain) \_\_\_\_\_ **Additional Note(s):** \_\_\_\_\_

### **WAIVER AND RELEASE STATEMENT – 5K FAMILY FUN WALK/RUN**

**(All Athletes MUST read and sign):**

I have read the accompanying event information and I, the undersigned **understand and agree** to the policies of the event. I know that participating in any event such as a 5K wherein running and/or walking is involved is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with my voluntary participation in this event, including but not limited to, falls, contact with other participants, effects of the weather, including extreme temperatures, traffic and all conditions of the road, all such risks being understood and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I for myself, my heirs, executors, administrators or anyone else who might claim on my behalf covenant not to sue, and **WAIVE, RELEASE AND DISCHARGE** The City of Memphis, Tennessee and Shelby County, Tennessee, any of the sponsors, race officials, workers or volunteers, their representatives, successors or assigns for **ANY AND ALL claims or liability**, whether foreseen or unforeseen, for death, personal injury, property loss or damage arising out of or in the course of my participation in this event. I further grant full permission to the above-mentioned sponsors, organizers and/or agents authorized by them, to use any photographs, video recordings, motion pictures, or other recordings or record of the event for any reasonable purpose as seen fit by above-mentioned sponsors.

\_\_\_\_\_  
**Signature of Participant**  
(or signature of parent or Guardian if entrant is age 17 or under)

\_\_\_\_\_  
**Date**