

ASU Recreation Management Association 5K Run/Walk

Saturday, October 24, 2009; 8:00 a.m.
Holmes Convocation Center



REGISTRATION

Early registration ends October 21.

STUDENTS

Early registration \$10
Race Day \$15

NON-STUDENTS

Early registration \$15
Race Day \$20

KIDS UNDER 12 are FREE!

You may pay by cash or check made out to ASU RMA.

MAIL TO

Sherri Wilson
c/o Health Promotion for Faculty & Staff
P. O. Box 32069
Boone, NC 28608

For more information, visit:

www.healthpromotion.appstate.edu

PARKING

Parking is available in Convocation parking lot until 9:30 am. Cars remaining after this time will be towed at owner's expense.

Registration Form

PLEASE PRINT!

Name: _____

Address: _____

City, State: _____

Zip Code: _____

Day Phone #: _____

Email Address: _____

Gender: Male ____ Female ____

Emergency Contact: _____

Phone #: _____

Is this person at the event? ____ Yes ____ No

T-Shirt Size: 2XL ____ XL ____ L ____ M ____ S ____

First come first served!

WAIVER

I hereby release Appalachian State University, the organizers and officials involved with the RMA 5k Run/Walk of any and all damages or injuries arriving out of the participation of this run/walk. I further state that I am in proper physical condition to compete in the event and agree to the publication of photos or media tape taken during the event.

Signature

Signature of parent if participant is under 18
