

Parkway Medical Center
C/O Marketing Department
1874 Beltline Road SW
Decatur AL 35601



Saturday, February 18th
2012
8:00am & 9:00am
At
Parkway Medical Center

Heart & Sole 5K and Fun Run

REGISTRATION FORM:

Name: _____

Address: _____

Address 2: _____

City: _____

State: _____ Zip: _____

Phone: _____

Alternate Phone: _____

Email: _____

(Please Circle)

Adult Shirt Size: S M L XL XXL

5 K (Long Sleeve T-Shirt)

\$20 per person before 2/15/2011

\$25 per person after 2/15/2011

\$30 per person day of race

1 Mile Fun Run (Short Sleeve T-Shirt)

\$10 per person

Please fill out completely and mail or drop off with
entry fee to: PMC Heart & Sole 5K

C/O Marketing Department

1874 Beltline Rd. SW

Decatur, AL 35601

ATHLETES RELEASE: PLEASE READ, SIGN & DATE

I know that running and volunteering to work in this race can be a potentially hazardous activity. I should not enter and run in this race unless I am medically able and properly trained. I agree to abide by any decision of race official relative to my ability to safely complete the run. I assume all risks associated with running and/or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants the effects of weather, including high heat or humidity, ice and snow, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my applications, I for myself and anyone entitled to act on my behalf, waive and release Parkway Medical Center and any and all board members, employees and medical staff, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, or any other record of this event for any legitimate purpose.

Signature _____

Date _____

The Heart and Sole 5K & Fun Run will be held in Decatur, Alabama. The course will start and end at Parkway Medical Center.

LOCATION:

Parkway Medical Center
1874 Beltline Rd. SW
Decatur, AL 35601

Meet at parking lot in front of Pavilion

RACE SCHEDULE:

Friday, February 17th

3:00 pm – 7:00 pm Packet pick up and
Registration at PMC Pavilion Lobby

Saturday, February 18th

6:30 – 7:30 am Registration PMC
Pavilion Lobby

8:00 am 5K begins

9:00 am 1 Mile Fun Run begins

FEES:

\$20.00 Before February 15, 2011

\$25.00 After February 15, 2011

\$30.00 Day of Race

\$10.00 Fun Run

* All Fees include a t-shirt

* Early registration is suggested

All proceeds
will benefit
the
American
Heart
Association

Register to win some
great door prizes!