



Walker's Collection Sheet

HMEA's 7th Annual Independence 5K "Walk/Run in the Park"

benefiting children and adults with developmental disabilities

Sunday, May 18, 2008

Registration: 10:00AM ♦ Steps Off at: 11:00AM

Kids Fun Run at: 12:30pm

Event hosted by our friends at:

EMC² Corporation

Franklin Industrial Park

50 Constitution Boulevard ■ Franklin, MA 02038

For more information visit www.hmea.org OR call (508) 298-1107

To learn how **YOU** can become a **SUPER FUNDRAISER** visit www.firstgiving.com/hmea. Simply create your own 'personal' fundraising page and e-mail it to all your family and friends and ask them to support you in **HMEA's 7th Annual Independence 5K "Walk/Run in the Park"**

It's Quick...It's Easy...AND...It Works!

If you are walking as an individual please bring this completed sheet, along with any Extra Walker Sponsor Sheets, to registration on May 18, 2008. If you are part of a Walking Team, please submit this completed sheet, along with any Extra Walker Sponsor sheets to your Team Captain at least 3 days prior to the event. Thank You!

HMEA's 7th Annual Independence 5K "Walk/Run in the Park" WALKER INFORMATION SPONSOR SHEET

Please Print

FIRST NAME: _____ TITLE: (e.g. Mr., Ms. etc.) _____

LAST NAME: _____ # YEARS PARTICIPATED: _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

WORK PHONE: _____ HOME PHONE: _____

E-MAIL ADDRESS: _____

HOW DID YOU HEAR ABOUT THE INDEPENDENCE 5K? _____

TEE-SHIRT SIZE (adult sizes): small medium large x-large xx-large

Complete if you are walking as part of a Team

TEAM NAME: _____

TEAM CAPTAIN: Last Name: _____ First Name: _____

HMEA's Independence 5K RELEASE AND INDEMNIFICATION STATEMENT

HMEA's Independence 5K involves walking, an activity which may include risks such as, but not limited to, falls, interaction with other participants, effects of weather, traffic and conditions of the road. In consideration of being allowed to participate in the event, I hereby expressly assume all risks, including personal injury and death, arising in any way out of my participation in HMEA's 7th Annual Independence 5K, and related activity.

It is my responsibility to dress appropriately. Although route maps, rest stops, refreshments and other assistance may be made available during this event, I am solely responsible for my own health and safety. I represent and warrant that I am physically fit and able to participate in the event and I agree to stop and request assistance if I experience any symptoms such as, but not limited to, dizziness, excessive fatigue, shortness of breath, pain or any other conditions, which would make it difficult or unsafe to continue.

I agree for myself, my heirs, executors and administrators, to not sue and to release, indemnify and hold harmless, HMEA, its affiliates, officers, directors, volunteers and employees, and all sponsoring businesses and organization and their agents and employees, from any and all liability, claims, demands and causes of action whatsoever arising out of my participation in this event and related activities — whether it results from the negligence of any of the above or from any other cause. This release and indemnification agreement shall be as broad and inclusive as is permitted by the Commonwealth of Massachusetts. If any portion of it is held invalid, the balance shall continue in full force and effect.

Participant's Signature: _____ Print Name: _____ Date: _____

If "PARTICIPANT" is a minor, a parent or guardian MUST sign below.

I am the legal guardian of the Participant, I have read the foregoing release and indemnification agreement and I hereby agree on behalf of myself and the Participant to its terms.

Parent/Guardian Signature: _____ Print Name: _____ Date: _____

Please list your sponsors on the reverse side of this form... Thank You!

