

# Paraquad's Roll N Race

## 5K Run, Walk, and Roll

Saturday, April 17, 2010 at 9:00am

**Location:** Forest Park, St. Louis (in front of the Visitor's Center)

**Cost:** \$20 entry fee

**Registration:** Registration begins at 7:30am in Forest Park Visitor's Center. Pre-registrants may pick up T Shirt and Bib on Friday, April 16th from 10am to 3pm at Paraquad (5240 Oakland).



### 2010 Roll N Race Registration

*All proceeds to support Paraquad Center for Independent Living providing programs and services for people with disabilities.*

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Sex:  M  F Age on 4/17/2010: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

T-Shirt Size (circle one):  S  M  L  XL  2X E-mail: \_\_\_\_\_

How did you hear about Paraquad's Roll N Race?  Website  Newsletter  Email  
 Friend/Family  Radio  Newspaper  Other \_\_\_\_\_

#### Category:

5K runner/walker  1Mile Fun Run  Open Wheelchair  Quad Wheelchair  Handcycle  
 Virtual Runner (donation)

**Waiver of Liability:** In consideration of the acceptance of my registration to participate in this race, I agree to indemnify and save harmless Paraquad its agents, servants, and employees, from and against any and all damages arising from injuries to persons or damage to property occasioned by any acts or omissions of participant, its agents servants or employees in defense of any claim, action or suit, irrespective of any claim that an act, omission or negligence of Paraquad or its agents, servants or employees contributed to such injury or damage. I understand that the registered activities and services may have an element of hazard or inherent danger and I take full responsibility for my actions and I acknowledge that I am physically fit and sufficiently trained to participate in the event. There will be photographs taken of this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or Guardian if under 18)

#### Payment:

Please charge \$\_\_\_\_\_ to  
 Visa  Mastercard  Discover  American Express  
Card # \_\_\_\_\_  
Expiration Date \_\_\_\_\_

My check for \$\_\_\_\_\_ is enclosed  
made payable to Paraquad

I am unable to attend Roll N Race  
but please accept my donation for  
\$\_\_\_\_\_

**Please submit registration to:**  
**Paraquad's Roll N Race**  
**Susan Holdman**  
**5240 Oakland Ave.**  
**St. Louis, MO 63110**

For more information please visit [www.paraquad.org/race/](http://www.paraquad.org/race/)  
or contact us at 314/289-4200 (voice) or 314/289-4252 (VP) 314/732-1592