

Vulcan Run 10K

November 5, 2011

8:00 a.m. Boutwell Auditorium (1930 8th Ave N 35203)

\$25 through 8/31, \$30 through 9/30, \$35 through 11/4 \$40.00 Race
Day Registration

Mail to:

Vulcan Run

PO Box 59349

Bham, AL 35259

Name: _____

Address: _____

City/State/zip: _____

Male Female (circle one)

Age on race date: _____

Date of Birth: _____

Shirt size (gender specific) S M L XL XXL (\$3.00 extra)

E-mail: _____

Consent & waiver: I understand that running has its share of hazards and that I accept full responsibility for any injuries or difficulties I may incur. I also am healthy enough to participate in a 10K run and have my M.D.'s express permission to do so. Therefore I agree to hold harmless the Birmingham Track Cub, RRCA, and anyone else; accepting full responsibility for my actions.

If anything happens other than a successful finish I was aware of the pitfalls and participated anyway.

Signed _____ date _____

Under 21 parent or guardian must sign