



**Saturday July 3rd, 2010
7:00 a.m.**

**Fox Hollow Park,
North Salt Lake, Utah**

Registration Fees:

\$8 (without t-shirt)

\$16 (with t-shirt) – Shirts cannot be ordered after June 26th

\$28.00 for Family (immediate family only with no shirts)

Register online at www.active.com or in person at the NSL City Office

Come Join the City in Celebrating Independence day and exercise with your family and friends!

Mail entry form and check payable to:

NSL City
20 South Hwy 89
NSL, Utah 84054

By signature, I attest that I am physically fit and sufficiently trained to participate in this event. There will be minimal medical assistance. I have full knowledge of the risks involved. I further acknowledge that the racecourse may contain uneven surface conditions, including but not limited to potholes, curbs, sewer covers and tree roots, which may create a risk. I further acknowledge that most of the race course is on public roads and that vehicular traffic may be encountered, and I accept these risks. Therefore, in consideration of the acceptance of my entry, I for myself, my heirs, my executors and administrators waive any and all rights and claims for damages that I may have against *NSL City*, race sponsors, and any individual associated with this event and will hold them harmless for any and all injuries I may suffer in conjunction with this event.

Event Entered: Run: Walk: Shirt Only: Male: Female: Age on Race Day:

Last Name:

First Name: MI:

Address:

City: State:

Zip Code: Telephone Number: Shirt Size: (XL, L, M, S)

Email Address:

Age Categories (Please Circle One)
14 and under
15-19
20-24
25-29
30-34
35-39
40-49
50-59
60 and over

Signature _____
Parent's Signature _____
(If Under 18)

Staff Use Only:	
Paid:	Race #
Y N	<input type="text"/>