



*Sunday, October 11, 2015*  
*Friends of Mt. Tabor Park Tar 'n Trail*  
*Benefit 5K Walk/Run & 10K run*

Name: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_ E-Mail \_\_\_\_\_

Gender (circle) Male Female Birthdate: \_\_\_\_\_

I am participating in the (check one) 5K \_\_\_\_\_ 10K \_\_\_\_\_

**5K Kids 12 and under \$5**  
**5K Registrants: \$15**  
**10K Registrants: \$25**

I would like to make a donation to the Friends of Mt. Tabor Park in the amount of: \_\_\_\_\_

I have enclosed (circle one): Cash Check in the amount of: \_\_\_\_\_

Mail payment together with this completed registration form and signed waiver to:  
Anne Crispino-Taylor, 502 SE 69<sup>th</sup> Avenue, Portland, OR 97215

***Please make checks payable to: Friends of Mt. Tabor Park Tar 'n Trail***

**WAIVER (MUST BE SIGNED TO PARTICIPATE; ONE FORM PER PARTICIPANT)**

In consideration of acceptance of this entry, I hereby for myself, my heirs, executors and administrators, assume all risk of injury, harm or damage to myself or others arising from my participation in this event, and agree to hold harmless any sponsors, volunteers, Friends of Mt. Tabor Park, Portland Parks and Recreation, and any person associated with this event, against any liability, actions, claims and damages of any kind whatsoever. My signature verifies that I am physically fit and have sufficiently trained for the event and have full knowledge to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose. If I am under 18 years of age, my parent/guardian must co-sign.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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