



DREAM MILE - VIBHA 5K & 10K RUN, 5K FUN WALK

<http://www.thedreammile.org/minnesota>
September 12, 2009, Lake Phalen, St. Paul, MN

Run: 8:30 am

Walk: 10:30 am

REGISTRATION FORM

First Name of participant: _____ Last Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ E-mail: _____

Age: _____ Gender: _____ T-shirt size (please circle one): S M L XL

Contact me next year about the next Dream Mile event. Yes No
Add me to Vibha-MN's e-mail list to keep me informed of events and activities. Yes No
Contact me about volunteer opportunities. Yes No
PARTICIPATING EVENTS (mark with X- select only one) 5KRun 10KRun 5KfunWalk
REGISTRATION FEES* (Not refundable/transferable):

Children (Age 12 and under): no charge for any event

5K fun walk:

\$12
(\$15 at the site) \$ _____

5K and 10K Race costs:

Adults
\$20 (if postmarked by Sep 7, 2009) \$ _____
\$25 (at the site)

Students,
\$15 (if postmarked by Sep 7, 2009) \$ _____
\$ 20 (at the site)

Donation: I would like to make an additional tax deductible donation ... \$ _____

TOTAL PAYMENT \$ _____

Payment Method (Check One)

Check (payable to: Vibha)
 Cash (handed to volunteer)

Please mail completed and signed registration form along with your check to:

Vibha-MN
300 Washington Ave SE
Room 126
Minneapolis, MN 55455

Vibha is a US-based, volunteer run, 501(c) (3) registered non-profit, non-religious, non-political organization working to ensure health, education and opportunity for underprivileged children. For more information, visit www.vibha.org

*The registration fee covers the cost of a free t-shirt given away at the site

RELEASE (Must be signed by all participants or parent/guardian if under age 18):

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I KNOW THAT THIS EVENT IS A POTENTIALLY HAZARDOUS ACTIVITY AND I HEREBY ASSUME FULL AND COMPLETE RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY PARTICIPATION IN THIS EVENT OR WHILE ON THE PREMISES OF THIS EVENT, AND I HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST HELP THEM GROW INC., ITS LOCAL AFFILIATES AND ANY AFFILIATED INDIVIDUALS, VIBHA, ANY RACE SPONSORS AND THEIR AGENTS AND EMPLOYEES, AND ALL OTHER PERSONS OR ENTITIES ASSOCIATED WITH THIS EVENT (THE "RELEASEES") FROM ANY LOSS, LIABILITY OR CLAIMS I MAY HAVE ARISING OUT OF MY PARTICIPATION IN THIS EVENT, INCLUDING PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SAME BE CAUSED BY FALLS, CONTACT WITH PARTICIPANTS, CONDITIONS OF THE COURSE, NEGLIGENCE OF THE RELEASEES OR OTHERWISE. If I do not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to the Help Them Grow Inc. and its local Affiliates and Races and their sponsors and corporate sponsors to use any photographs, videotapes, audiotapes or other recordings of me that are made during the course of this event.

Participant Signature

Parent or Guardian
if under age 18

Print name of the signed

Date

Participants are requested to assemble at the Picnic Shelter at Lake Phalen at least 15 minutes before their starting times.

For further details, visit the event website at <http://www.thedreammile.org/minnesota>

The races start at 8:30 am and the fun walk at 10:30 am. For more details, contact Sujit Jogwar E-mail: twincities@thedreammile.org Ph: (952)-428-8383