



# 2009 Women Run the Cities® Entry Form Mail-In Deadline 9/19/09

Online registration at [www.womenrunthecities.com](http://www.womenrunthecities.com) | 651-688-9143

Last name  First Name  M.I.

Age  Birthdate  Gender  F  M  Y  N  Telephone

On 9/27/09 Month Day Year (Females only) (18 and under) Yes? **Required** parent/guardian signature below

Mailing Address

City  State  Zip/postal code

Company (Optional)

Email address

Shirt size (Unisex)  
(circle one)  
XS S M L XL XXL

CREW Team Challenge  
Team Name

## Entry Fee (one form per person)

	Before 7/01/09	After 7/01/09	Race Day 9/27/09
1 Mile	\$10	\$10	\$10
5K	\$25	\$30	\$40
10 Mile	\$40	\$45	\$55

- CREW Team Challenge Discount - \$2
  - Donation to Ann Bancroft Foundation\*
  - Donation to CREW Foundation\*
- \*tax deductible

**Total Enclosed (US\$)**

Only checks are accepted with the mail-in entry form. Credit card registration is available online at [www.womenrunthecities.com](http://www.womenrunthecities.com).

MNCREW Member?  Y  N  
[www.mncrew.org](http://www.mncrew.org)

Mail completed entry form and check payable to MNCREW:  
**Anderson Race Management**  
 4047 Camberwell Dr. N.  
 Eagan, MN 55123  
[mary@andersonraces.com](mailto:mary@andersonraces.com)  
 651-688-9143  
[www.andersonraces.com](http://www.andersonraces.com)

**Signature** (of adult 18 years or older) \_\_\_\_\_

**Waiver Statement** I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there may be traffic on the course route and I must watch for vehicles at intersections and on the roads. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity and the condition of the roads. I hereby release and discharge Women Run the Cities, Minnesota Commercial Real Estate Women, the City of Minneapolis, the City of St. Paul, Anderson Race Management and all volunteers and sponsors from any claims, injuries, losses or liabilities suffered by myself or my minor children as a result of my/our participation in Women Run the Cities. I hereby give Women Run the Cities consent to use my photograph(s) taken at the Women Run the Cities event in literature, for publicity purposes, and on the website. I also agree to return the electronic timing chip entrusted to me or I will pay Women Run the Cities an additional \$40 to pay for its replacement. Fees are not refundable and race numbers and timing chips are not transferable. Your signature on this waiver verifies that the above is accurate and true.