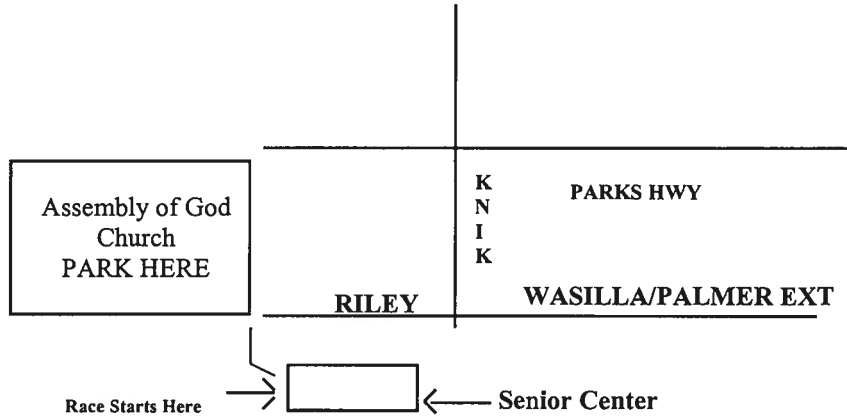


**MAP OF HOW TO GET TO THE SENIOR CENTER AND WHERE TO PARK**



Please Detach Here and Mail Bottom Part To Enter. Make Checks Payable to Wasilla Area Seniors,

**MAIL TO: Wasilla Area Seniors 1301 Century Circle Wasilla, AK 99654**  
**CALL: 376-3104 FAX: 373-5170 E-MAIL: www.alaskaseniors.com**

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_  
LAST FIRST MI

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**BIRTH DATE:** \_\_\_\_\_ **AGE ON RACE DAY:** \_\_\_\_ **SEX: M \_\_\_ F \_\_\_**  
(This information used only for "Oldest/Youngest" Prize)

**ENTRY FEE AMOUNT ENCLOSED: \$** \_\_\_\_\_ (\$20Each or \$65 Family. Attach 4 Entries )

**DIVISION: RUN**  **WALK**  **SHIRT SIZE: XL**  **L**  **M**  **S**

**WAIVER:** I know that participating in a running/walking event is a potential hazardous activity and that I should not enter said event unless I am medically and physically able. I assume the risk of participating in traffic. I also assume any and all risks associated with participating in this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, and conditions of the event course, all such risks being known and appreciated by me. Having read this waiver and knowing the risks and in consideration of my entry, I, for my self, my executors and administrators and assignees, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Wasilla Area Seniors, Inc., the City of Wasilla, the State of Alaska, all race officials and volunteers, and any and all sponsors including their agents, employees, assigns, or anyone acting on their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event. This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I grant permission to Wasilla Area Seniors, and/or agents authorized by them, to use any photographs, video tapes, recordings, and any record of this event for any purpose.

**SIGNED:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**SIGNATURE OF ENTRANT**  
**(IF UNDER 18 PARENT MUST SIGN)**

**BIB #**



**WASILLA AREA SENIORS  
PRESENTS THE  
2010 MILES FOR MEALS  
5K FUN RUN AND WALK**

**SATURDAY, JULY 3RD AT 10:45 AM**

**ALL PROCEEDS GO TO SUPPORT OUR MEALS ON WHEELS PROGRAM.**

**PACKET PICKUP FROM 10:00 TO 2:00 JUNE 28 TO JULY 2 AT THE  
SENIOR CENTER, OR ON RACE DAY FROM 9:00 TO 10:00 AM.**

**ALL ENTRIES RECEIVE A T-SHIRT (FIRST 200 GUARANTEED)  
PLUS A PICNIC LUNCH AFTER THE RACE. (HAMBURGERS, HOTDOGS AND DRINKS)**

**5K FUN RUN/WALK STARTS AND FINISHES  
AT THE WASILLA SENIOR CENTER. (SEE MAP ON BACK FOR DIRECTIONS)**

**REGISTRATION BY MAIL (RECEIVED BY 6-28),  
ONLINE AT [www.alaskaseniors.com](http://www.alaskaseniors.com) ,  
OR IN PERSON AT THE WASILLA SENIOR CENTER  
MON-FRI FROM 10:00 TO 2:00, OR ON RACE DAY FROM 9:00 TO 10:00**

**AWARDS WILL BE GIVEN TO OVERALL MALE AND FEMALE IN THE  
CATEGORIES FOR WALKER AND FOR RUNNER AT THE PICNIC.  
RANDOM PRIZE DRAWINGS WILL BE HELD FOR AWARDS.**

**PRIZE TO OLDEST AND YOUNGEST PARTICIPANT (NO AGE DISCRIMINATION  
RACE) ALL PARTICIPANTS WILL BE AWARDED A RACE RIBBON.**

**ENTRY FEES: \$20 EACH RACE DAY \$25**

**WALKERS RACE STARTS AT 10:45 AM.  
RUNNERS RACE STARTS AT 11:00 - PICNIC ABOUT NOON.**

**PLEASE PARK IN THE CHURCH LOT NEXT DOOR (ASSEMBLY OF GOD ON RILEY)  
TO THE SENIOR CENTER AND WALK OVER TO THE START.**