

Join in a Celebration of women's fitness.



2009 FEM 10

Walk or Run

10k (6.2 miles)

For Women Only

**Saturday, August 22nd**

Starts & Finishes at the **Durango Sports Club**

Walk starts at 8:00 a.m. sharp      Run start at 8:30 a.m. sharp

Entrants receive T-shirts and prizes

Post race refreshments

\$20 thru August 17th / \$25 race day

Portion of race proceeds will be donated to



Name (please print) \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_ 10K Run      \_\_\_\_\_ 10K Walk

Shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Send entries to, or for more information call

**Durango Sports Club**

1600 Florida Road, Durango, Co. 81301

970-259-2579

This release is intended to discharge in advance the promoters, sponsors, DSC, any affiliated organizations, officials and any involved municipalities or other public entities and their agents from and against any and all liability arising out of or connected in any way with my participation with said event. Even though that liability may arise out of negligence or carelessness on the part of person or entities mentioned above. I further understand that serious accidents occasionally occur during road running and the participants occasionally suffer mortal or serious injuries and or property damage as a consequence thereof. Knowing the risks of participation I hereby agree to assume those risks and hold harmless all the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me or my heirs.

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

Parent Signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_