



ClearWater Conservancy's  
**Strides for Nature 5K Run and Walk**  
Saturday June 18, 2011 at 8:30 am  
Meet at and return to Millbrook  
Marsh Nature Center  
\$18 Pre-Registration/\$25 Day of Race  
*Free Kids Fun Run to follow at 10 am*

Register and pay online at:

<http://www.active.com/donate/clearwatercons2011>

OR mail or deliver application with payment to:

ClearWater Conservancy  
2555 N. Atherton St., State College, PA 16803  
814-237-0400 Fax 814-237-4909  
[www.clearwaterconservancy.org](http://www.clearwaterconservancy.org)

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Email \_\_\_\_\_ Phone \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

Sex:            Male            Female            Age (on day of race): \_\_\_\_\_

*In consideration of the acceptance of my entry, and intending to be legally bound, I hereby, for myself, my heirs, my executors and administrators, do waive, release and discharge rights and claims which I may have, or may hereafter accrue to me, against either the ClearWater Conservancy, the Commonwealth of Pennsylvania, any named and unnamed sponsors, and volunteers of and from all causes, liabilities, damages (both compensatory and punitive), claims, or demands whatsoever, either in law or equity, account of any injury or accident loss or damages of every kind and nature suffered by me (or said minor) while traveling to and from the race event, participating in the race event, using any and all facilities at the race. I understand that any race can pose a significant risk to my health and life and is potentially dangerous and I hereby attest and affirm that I am sufficiently conditioned for the event.*

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

Parent/Guardian Signature (required for participants under 18)  
\_\_\_\_\_ Date: \_\_\_\_\_