



Tualatin Chamber of Commerce Fit City Challenge,  
Tualatin High School & Road Runner Sports  
Present  
"Regatta Run" 5K Run/Walk



Benefitting the  
Cpl. Matthew Lembke Memorial Scholarship Fund



**Saturday, October 31<sup>st</sup>, 8:00 am check in, 8:30 am race time**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Phone: \_\_\_\_\_

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: M / F

Email Address: \_\_\_\_\_

5K Fees: \$25 thru Friday, Oct. 23<sup>rd</sup> \*t-shirt included  
5K Fees: \$30 from Oct. 23<sup>rd</sup> until the day of race

T-shirt Size: S M L XL Total enclosed: \$ \_\_\_\_\_

Visa/MC # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Completed form can be mailed to Regatta Run PO Box 701, Tualatin, OR 97062  
Email: chamber@tualatinchamber.com Fax: 503-692-6955

For course map and race details, please visit: [www.tualatinchamber.com](http://www.tualatinchamber.com)

**\*\*Waiver must be signed in order to participate. No refunds or transfers.**  
In the consideration of the acceptance of my entry, I, intending to be legally bound, do hereby, for myself and my heirs, executors, and administrators, waive and release any all rights and claims for damages and cases of suit or action, known or unknown that I have against the Tualatin Chamber of Commerce, Road Runner Sports, Tigard-Tualatin School District 23J, the City of Tualatin, the City of Tigard, the City of Durham, Washington County, all participating race sponsors, directors, officers, employees, volunteers and agents for any and all injuries resulting from my participation in the Regatta Run held on Saturday, October 31, 2009. I attest that I am physically fit and have sufficiently trained for this event, my physical condition verified by a licensed M.D. during the last six months. I also grant permission for a doctor and/or nurse to take remedial action the case of an emergency. I attest and verify that I have full knowledge of the risks involved in a race and that I assume all expenses in the event of an accident, illness, or other incapacity, regardless of whether I have authorized such expenses.

Signature: \_\_\_\_\_

Parent Signature (if under 18 years of age): \_\_\_\_\_

\*Parking Available at Haggen Food & Pharmacy in the WES lot.  
\*Pick up race packet and t-shirt at Road Runner Sports on Friday, Oct. 30<sup>th</sup> between 10:00 am – 9:00 pm and receive a 10% in-store discount coupon (Nyberg Woods Shopping Center-7063 SW Nyberg Street, Tualatin).