



**WASILLA AREA SENIORS**  
Presents the  
**2012 Miles for Meals**  
**5-K Fun Run/Walk**

**SATURDAY, JUNE 23RD AT 11:00 AM**

*All proceeds go to support our Meals on Wheels Program.*

Pre-registration Forms available, May 14th thru June 14th  
at the Senior Campus from 10AM to 2PM daily.

**First 200 entrants receive a "Orange" T-shirt!**  
All Racers are welcome to stay for the BBQ directly after the race.  
(HAMBURGERS, HOTDOGS AND DRINKS)

**5-K Fun Run/Walk**

Starts and Finishes at the Wasilla Senior Campus.  
{See Map on back for directions to the Campus.}

Registration by Mail must be received by June 20th  
or drop it off at the Wasilla Senior Campus Office during the day,  
Monday through Friday from 10AM TO 2PM.

Day of the Race Registration will be from 9AM to 10:30AM  
Raffle Drawings will be held during the Picnic!

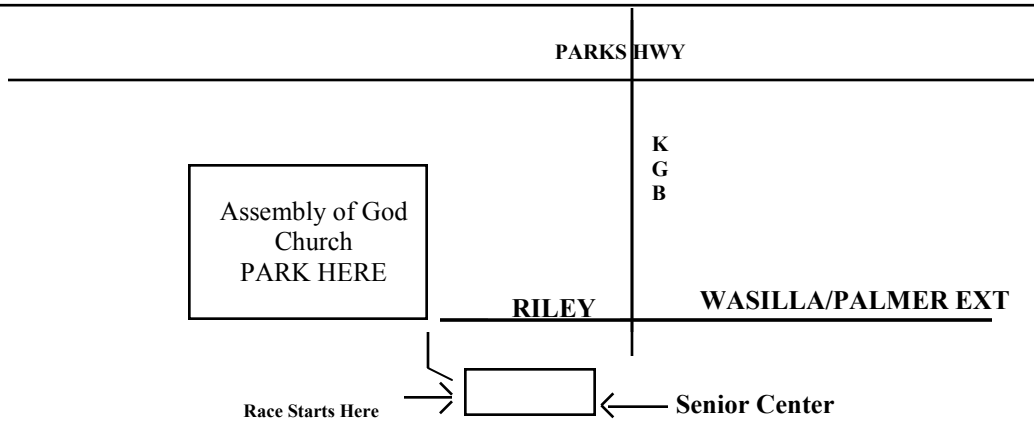
**Awards will be given to the overall Male and Female  
in each Age Category. (12/under, 13-18, 19-34, 35-49, 50-69, 70/over)**

**Pre-Registration: \$20 each    \$60 Family (Attach 4 Entry Forms)**  
**Day of Race Registration: \$30 each    \$70 Family (Attach 4 Entry Forms)**

**Day of Race Registration begins at 9AM**  
**Sanctioned Race Starts at 11AM - Picnic starts around Noon.**

Please park on Riley at the Assembly of God Church and walk over to the  
Senior Campus for the Start of Race.

## MAP OF HOW TO GET TO THE SENIOR CAMPUS AND WHERE TO PARK



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

**MAIL TO: Wasilla Area Seniors Inc. 1301 Century Circle Wasilla, AK 99654**

**CALL US AT: 376-3104**

**FAX: 373-5170**

**www.alaskaseniors.com**

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

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

**BIRTH DATE:** \_\_\_\_\_ **AGE ON RACE DAY:** \_\_\_\_\_ **SEX: M  F**

**ENTRY FEE AMOUNT ENCLOSED: \$** \_\_\_\_\_

**Pre-registration:** \$20 each or \$60 Family (Attach 4 Entries)

**Day of Race:** \$30 each or \$70 Family

**DIVISION:** 12/Under  13-18  19-34  35-49  50-69  70 and Over

**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 #**