

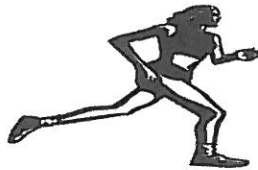


Rock N' Run 5K Walk/Fun Run



Schedule of Events

- 7:00 a.m. Registration
- 7:45 a.m. Kids 1 Mile Race
- 8:00 a.m. 5K Walk/Fun Run
- 10:00 a.m. Refreshments
- 10:30 a.m. Race Prizes



Cost of Race
 \$25 Pre-Registration
 \$30 Day of Race
 Includes a T-Shirt

Official Basic Health & Fitness

Rock N' Run Entry Form

First Name _____ Last Name _____ M.I. _____
 Address _____ City _____ State _____
 Date of Birth ____/____/____ T-Shirt Size S M L XL
 Age as of 04/16/2010 _____ Male or Female
 Email Address _____
 Parent/ Guardian Signature if under 18 years old _____

Waiver and Release

In consideration of me being admitted to enter "Rock N' Run 5K" , I, for myself, my heirs, and assigns, executors and administrators, do hereby forever release and discharge Basic Health & Fitness, and the Natchitoches Jazz/ R&B Festival, their employees and agents, and of from any and all claims or demands for damages, injuries, or liability, in any manner arising out of participation in this event. I agree to indemnify and hold harmless the parties releases above from any claims or demands for damages, for injuries or liability, in any was arising out of my participation in this event. I certify that I have prepared myself for this race and that I am in adequate physical condition to complete the event I have entered. I agree to follow all rules of this race and to permit myself to be removes from the competition if in the opinion of Basic Health & Fitness that would continuing would endanger my health.

Signature _____ Date _____

Parent / Guardian Signature if under 18 _____