

## Waiver & Release of Liability

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, do hereby absolutely and forever waive and release the United States and its agency, the Veterans Affairs and its officers, employees, and agents from any liability for any personal injury or death arising from my participation in the scheduled Veterans Day 5K Run. The Martinsburg VAMC strongly recommends medical clearance before participating in any exercise program. I attest and verify that I am physically able and have effectively trained to complete this race. I have read the above conditions and accept them as shown by my signature.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian if entrant is under 18 years of age.

\_\_\_\_\_  
Date

# Veterans Day Road to Freedom



**5K/1K**

**Run, Walk or Roll**

November 7, 2009  
9:00 A.M.



**MARTINSBURG**  
**VAMC**  
*Heroes Serving Heroes*

Veterans Affairs Medical Center  
Martinsburg, West Virginia

A VA Employees Association Event

**Join** the Martinsburg Veterans Affairs Medical Center in honoring our Nation's Veterans on this special day. All proceeds to benefit veterans activities.

**Run** on an entirely flat course through the inspiring "Avenue of Flags".

**Long Sleeve** shirt to all pre-registered participants (while supplies last for on site registered participants).

### Mark Your Calendar!

Saturday, November 7, 2009  
Beginning at 9:00 A.M.


Veterans Affairs Medical Center is located on Route 9  
4 miles east of I-81 Exit 12.

### **Entry fee/Awards:**

Registration fee \$25.00  
Male, Female, & Veteran Age Group Awards.

Please make checks payable to: VAEA  
(VA Employees Association).

### **Mail entry form to:**

 Recreation Therapy  
5K Run  
VA Medical Center  
Martinsburg, WV 25405

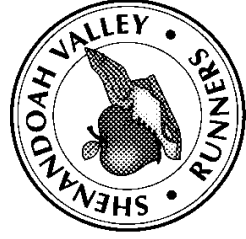
Question email: Beth.Gearhart@va.gov  
304-263-0811 ext. 3607 or 3320



Sponsored by the VA Employees Association

### Schedule

9:00 A.M. ....5K/1K Run-Walk-Roll  
10:00 A.M.....1K Kids Fun Run  
10:30 A.M.....5K Awards



Assisted by the Shenandoah Valley Runners

## **Veterans Day Road to Freedom**

5K/1K Run, Walk or Roll

### Please check:

- 5K Run
- 1K Walk/Roll (non-competitive)
- 1K Kids Fun Run (non-competitive)

Wheelchair may be pushed by another or motorized.

Name \_\_\_\_\_

Last \_\_\_\_\_ First \_\_\_\_\_ Int. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

- Male
- Female
- Veteran

Age: as of 11-7-09 \_\_\_\_\_

Shirt size: S, M, L, XL, XXL

complete both sides of this form, detach and mail to the address on the previous page

