

NGAUS 2009  
Nashville 5K Fun Run



Course Information:

The run will be held on the grounds of the Convention Hotel (Gaylord Opryland Hotel) in Nashville in order to facilitate participation and then enable the runners to return to their rooms to change for early Meetings and the Conference Opening Session on Friday, 11 September 2009.

The good news is that it is a flat course! It will be a timed course, but since it is a "Fun Run" there will be no ceremony following the run. Water will be available on the course, and there will be limited fruit, water, etc available at the end of the run.

The run will begin promptly at 7 a.m. which means that we need to have runners on site for packet pickup or registration by 6:30 a.m.

Registration: (print a copy for each participant please)

State Association: \_\_\_\_\_,

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

Address: \_\_\_\_\_, State: \_\_\_\_\_, ZIP Code: \_\_\_\_\_

Rank: \_\_\_\_\_, Age \_\_\_\_\_, Gender M ( ) F ( )

Cost \$20.00 per Runner/Walker \$ \_\_\_\_\_

T-Shirt Size: Adult Small ( ), Adult Medium ( ), Adult Large ( ), Adult XL ( )

*(Note: Only Pre-registration guarantees availability of a T-shirt.)*

(Confirmation – for Conference State Use \_\_\_\_\_)

**Hold Harmless Agreement**

I recognize that participating in the 131<sup>st</sup> NGAUS 5K Fun Run involves risk of injury and I agree to accept any and all risks associated with it, including but not limited, to bodily injury, disability, paralysis, death or property damage.

I hereby expressly agree to indemnify, defend, and hold harmless The National Guard Association of the United States and the NGAUS 2009 Music City Organization, its officers, directors, employees, agents, volunteers and assigns for any claim arising out of or incident to my participation in the run, unless claim is caused by the direct and sole negligence or willful misconduct of NGAUS and/or (fill in the name of your conference entity).

***(This must be signed and available the morning of the run or participant will not be allowed on the course.)***

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

Name Printed: \_\_\_\_\_

Date: \_\_\_\_\_