

28TH ANNUAL I-CAN RUN/WALK & ROLL

- Saturday, September 3rd, 2011
- Incline High School
499 Village Blvd., Incline Village, NV
- 10K Run, 5K Run/Walk & Roll,
1K Kid Run
- www.i-canrun.org

The 28th Annual I-CAN Run-Walk & Roll for youth activities is presented in collaboration with Incline After-School Organization and The Incline High School Athletic Program. Thank you for supporting your local organizations.

features

- Our Art Contest theme this year is: **"I can Do Anything"**
- We have added the 'Roll' to the Run/Walk and will provide live Rock & Roll entertainment throughout the event.
- The 7th Annual Youth Talent Show will hold auditions after the award ceremony, you are in for a treat if you stick around.
- All I-CAN entrants receive the 28th Annual I-CAN Run/Walk & Roll T-shirt.
- In addition to live music, enjoy cotton candy, snow cones, water, soda & snack, great race prizes and plenty of swag from our many sponsors.
- Race winners receive awards and prizes.
- Raffle with a grand prize of \$2035 cash. Plus tons of other great prizes!

race day schedule

Saturday, September 3, 2011

- 7:00 am Race Day Registration
- 8:30 am Opening Ceremonies
- 9:00 am 10K Run, 5K Run/Walk & Roll
- 11:00 am 1K Kid Run and victory cool-down lap for everyone.
- 11:30 am Awards - Provided to the 1st, 2nd and 3rd place finishers & top men and women in each race.
- 11:45 am All medal winners will have their group picture taken.
Post Race Block Party with music and food.

organizers & sponsors



Incline High School, Incline After School Organization, The Village Guide, Emergen-C, Udderly Smooth, Hezo Design, Nexcare, AD Sports Tahoe

registration form

One form per Runner, Walker or Roller. **You can also register online. Go to www.i-canrun.org**

Last Name: _____ First Name: _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Sex: M F Date of Birth: ____ - ____ - ____ Phone: _____ E-Mail: _____

EVENT & DIVISION Select one

10K Run: 10 & under 11-14 15-18 19-29 30-39
 40-49 50-59 60-69 70+

5K Run/Walk & Roll: 10 & under 11-14 15-18 19-29 30-39
 40-49 50-59 60-69 70+

1K Kid Run: 5 & under 6-7 8-9

X-STREAM CLEAN

(Complimentary pedometer)

T-SHIRT Reg. fee includes one shirt

Adult: A-S A-M A-L A-XL A-XXL (+\$3)

Youth: M L

TEAMS

Team Name: _____

FEES Make check payable to I-Can Run

Pre-registration (by August 28th):
 Adult \$30 Student/Child \$15 (thru grade 12)

Pre-register in person and/or pick up your race packet:
Saturday, August 27th

At Xterra – 11am - 1:30pm – Aspen Grove in Incline Village

Race Day Registration (Sept. 3rd): 7am – Incline High School Track

Adult \$35 Student/Child \$20 (thru grade 12)

MAIL TO (Postmark by August 27th)

I-CAN Run/Walk, P.O. Box 6897, Incline Village, NV 89450

I hereby assume all of the risks of participating in this event. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I acknowledge that the Accident Waiver and Release of Liability (AWRL) form will be used by ICAN, INCLINE AFTER-SCHOOL ORGANIZATION, INCLINE HIGH SCHOOL, IVGID, Washoe County, Washoe County School District and the event sponsors, in which I may participate and I will govern my actions and responsibilities at said event. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assign as follows: (A) Waive, Release and Discharge from any and all liability to my death, disability, personal injury, property damage, property theft or actions of any kind which my hereafter accrue to me or my traveling to and from this event. The FOLLOWING ENTITIES OR PERSONS: ICAN, IAO, IHS, IVGID, Washoe County and their directors, officers, employees, volunteers, representatives and agents, the event sponsors, event volunteers, (B) indemnify and Hold Harmless entities or persons mentioned in this paragraph from all liabilities and claims made by other individuals or entities as a result of any of my actions during this event. I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident, or illness during this event. I understand that during this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holder, producers, and sponsors. I hereby certify that I have read this document, and I understand its content. If applicant is less than 18 years of age, the parents, or guardians must execute the following waiver: PARENT OR GUARDIAN WAIVER FOR MINORS The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties to above from all liability, loss, cost, claim or damage whatsoever may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of both the minor and the parents or legal guardian.

RUNNER / PARENT / LEGAL GUARDIAN: _____ DATE: _____

www.i-canrun.org • register online