

NOBLE HIGH SCHOOL'S uKNIGHT CLUB PRESENTS:
uKNIGHT FOR A CURE 5K

SATURDAY, MAY 15, 2010 9:00AM

**START/FINISH: NOBLE HIGH SCHOOL, 388 SOMERSWORTH ROAD, NORTH BERWICK, ME
REGISTRATION FEE : \$22.00 - PRE-REGISTRATION (POSTMARKED BY 5/1/10) : \$20.00**

First 100 registrants receive a free race T-shirt!

Noble High School's uKnight club will be hosting this 5K on May 15th, 2010 to benefit their Relay For Life of Rochester, NH team. All proceeds from this event will be donated to the American Cancer Society.

uKnight is a youth humanitarian group working to make a difference in the world by empowering youth and spreading awareness. Each spring, uKnight directs a portion of their fundraising efforts to the American Cancer Society. uKnight will be participating in their second Relay For Life event this June.

The 5K course will consist of paved roads and nature paths. Prizes will be awarded to the winning participants. A small concession stand will be available following the race.

I know that running a road race is a potentially hazardous activity and that I should not enter and compete unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running or walking this event including, but not limited to: falls, contact with other participants and wildlife, the effects of the weather, including high heat/humidity/cold, traffic and conditions of the road and path, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release this Noble/uKnight event, MSAD #60 and its employees, volunteers, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though the liability may rise out of negligence or carelessness on the part of the persons named in this waiver. Further, I hereby grant full permission of any of the foregoing to use any photos, videotapes, database or any record of this event for any legitimate purpose.

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

Runner / Walker (circle one) Preferred Shirt Size: S M L XL

Signature (parent/guardian if under 18): _____

Please make checks payable to Noble High School (Memo: uKnight)

Mail Entry Form to: uKnight For A Cure 5K

c/o Emma Lamarche

388 Somersworth Road

North Berwick, ME 03906

For more information email: emmalamarche@yahoo.com