

Participant's & Volunteer's Waiver & Release from Liability  
Ride 4US, Inc. (aka 4US) Bike, Run, Walk and Fun Day Flagship Event ("Event")

I enter into this Agreement in consideration of my participation in support of the Flagship Event on Saturday, July 30, 2011.

1. I agree to assume all risks of injury, loss of life and damage to persons and property during the Event, and hereby release, discharge and hold harmless Ride4US, Inc., the Washington State Transportation Commission, the Washington State Department of Transportation and the Washington State Patrol, any and all states, counties, cities through which such Event may occur, and all of the foregoing entities' agents, employees, officers, volunteers, sponsors, from all liabilities, claims, demands, causes of action, costs, losses, expenses or compensation of whatever nature for loss, damage or injuries to persons and/or property sustained by me, my heirs, personal representatives, successors and assigns and all other persons resulting from or in any way connected with the Event whether directly or indirectly caused or contributed to said injury, loss of life or damage to persons or property by their negligent acts, gross negligence or recklessness. I agree to indemnify Ride4US, Inc. for all damages, costs and attorney's fees in defending any action arising in any way from my participation in the Event.

2. I Release, Discharge and Covenant Not to Sue those entities named in this Agreement from all liability, claims, demands, or any other damages resulting from my participation in the Event. I agree that if I or any other person or entity makes a claim against any of said entities, I will indemnify and hold harmless each of said entities/individuals from any liabilities, damages, losses, expenses, attorney's fees, costs or any other damage incurred as a result of said claim.

3. I represent that I am in proper physical condition to participate in the Event. I authorize medical treatment for myself if such is needed and assume responsibility for all costs associated with such medical treatment and care.

4. I give Ride4US, Inc. permission to use any images associated with the Event including but not limited to photographs and video footage for marketing and/or promotional purposes for any future Events and/or promotions.

5. If I am signing on behalf of a minor, I accept all responsibility associated with the minor's participation in the Event. Such responsibility includes but is not limited to any damages arising from or associated with the minor's participation such as medical expenses, economic and non-economic damages, damages to other participants, costs, attorney's fees and other expenses. If I am signing this Agreement on behalf of a minor, I agree that all above provisions apply to said minor. No minors under the age of 18 may participate as a volunteer in the Event without the express written permission (by way of signature on this agreement) of a legal parent or guardian.

6. Ride4US reserves the right to remove any participant in the Event if Ride4US, in its sole discretion, for any reason.

7. Any legal action brought as a result of or arising from my (or my minor child's) participation in the Event, shall be brought in Pierce County, Washington and shall be governed by the laws of the State of Washington.

8. The invalidity or unenforceability of any provision in this Agreement shall not affect the other provisions hereof.

DETACH AND MAIL SIGNED REGISTRATION FORMS TO  
4US 401 NORTH E ST TACOMA WA 98403

# JOIN THE RHYTHM OF LIFE 4US 2011 FT STEILACOOM PARK SATURDAY, JULY 30<sup>th</sup>



**RIDE 4US**  
7:00 am 21, 42 or 70 mile Bike Routes

**RUN 4US**  
9:00 am 5K & 10K Race

**WALK 4US**  
10:00 am 5K & 10K Walk

**FUN 4US**  
9:00 am-1:00 pm Family Fun Festival  
11:00 am 5 mile Family Fun Ride

Register at  
**4US.ORG** ←

**4 US**  
illuminate hope

Benefits Care Net Pregnancy Centers  
of Puget Sound and centers throughout Washington State

4US (4 UltraSound) is a local, all-volunteer charity with a statewide impact and a national vision. We raise money to purchase ultrasound machines for centers that provide entirely free services to pregnant women in crisis. Upon seeing tiny fingers and toes, and assured of receiving free support as long as it's needed - **96% of women at our beneficiary centers CHOOSE LIFE.**

**BE OUR CHAMPION.** Join hundreds of participants at the nation's only single-day ride, run, walk & family fun event. Look inside to see how you can join the rhythm of life.

# 4 FAMILY FRIENDLY EVENTS 1 LIFE CHANGING DAY



## HEARTPOUNDING HILLS, BREATHTAKING SCENERY

Ride your bike along one of three safe & scenic courses that build upon the other for 21, 42 or 70 miles through Steilacoom, Dupont & Yelm. Full support w/3 rest stops & SAGs. See route map online. Courses open at 7:00am - close at 1:00pm.

### RIDE 4US



## FLAT & FAST WITH A FAMILY-FRIENDLY FINISH

Flat and fast USATF certified 5K and 10K courses that race along pavement and trail. Scenic routes wind thru Ft Steilacoom Park to a sprint finish surrounded by friends & family at the Fun 4US Festival. See routes online. Starts at 9:00 am.

### RUN 4US



## A SCENIC STROLL THAT WILL ECHO INTO ETERNITY

Lace up your walking shoes and prep your strollers for the 6th annual Walk 4US. Join hundreds of champions walking the scenic vistas of Ft Steilacoom Park thru wooded grasslands and around a tranquil pond. Group start at 10:00 am.

### WALK 4US



## FAMILY FUN AT THE FINISH LINE

The whole family can enjoy inflatables, face painting, rock climbing, food & live music while cheering on champions at the finish line. Free pancake breakfast 6-10am. National Anthem--8:30am. 5 Mile Fun Ride--11:00am. Diaper Dash, Toddler Trot & 1K Kids Run--11:30am. Event end--2:00pm.

### FUN 4US

## Wanna do more...4US?

**REACH OUT 4US.** We're an all-volunteer charity. We want 100% of donations to pay for machines, not marketing. Promote our event at your school, church or workplace. We'll provide the flyers, posters, DVDs & brochures. Contact: [Cyndi@4US.org](mailto:Cyndi@4US.org)

**VOLUNTEER 4US.** There are plenty of fun and worthwhile opportunities to help out at our flagship event. Our staff will work with you to accommodate your desires. Event registration & volunteer t-shirts are free for volunteers. Contact: [John@4US.org](mailto:John@4US.org)

**RAISE FUNDS 4US.** Create a fundraising page online, set a goal & receive donations safely & securely. Go to [4US.org](http://4US.org) and click GET INVOLVED. Your gift will echo into eternity.

**LEAD A TEAM 4US.** Recruit friends & family to join a team. Teammates can take part in any (or all) events. Create a team page online, set a goal & receive donations safely & securely. Earn great incentive prizes. Go to [4US.org](http://4US.org) and click GET INVOLVED.

SAVE A STAMP. GO TO [WWW.4US.ORG](http://WWW.4US.ORG) AND  
CLICK THE GET INVOLVED BUTTON TODAY

**FLAGSHIP EVENT REGISTRATION FORM:** This form must be filled in and postmarked by SATURDAY JULY 23rd in order to be processed. **Please use 1 form per person. No need to provide contact info for additional family members if all forms are submitted together.** T-shirts, massages, pancake breakfast & digitally downloadable event photos are FREE to all paying participants. NOTE: Kids 10 & under are free (t-shirt \$10).

**REGISTRATION:** Opens at 6:00am on JUL 30. Early packet pick up 3:00-6:00pm, FRI JUL 29. You can register for more than one event. Please account for start times and pay only the higher fee. NOTE: All minors must register & ensure waiver is signed by a parent/guardian.

**RIDE 4US 7:00am:** 21mi  42mi  70mi  Cost: \$40. \$50 on/after JUL 1. \$60 at event.

**RUN 4US 9:00am:** 5K  10K  Cost: \$30. \$40 on/after JUL 1. \$50 at event.

**WALK 4US 10:00am:** 5K  10K  Cost: \$15. \$20 on/after JUL 1. \$25 at event.

**FAMILY FUN RIDE 11:00am:** 5 mile  Cost: \$15. \$20 on/after JUL 1. \$25 at event.

**FUN 4US 8:30am-1:30pm:** Diaper Dash  Toddler Trot  1K Kids Run  Cost: FREE.

Information provided below will be used to create an account at 4US.org. Your info will not be shared with 3rd parties. An email will be sent to you notifying you of account creation. Creating an account reduces our charity's postal costs as it allows us to email an end of year tax receipt & notify you of event updates. **Please print legibly or consider registering online.**

NAME \_\_\_\_\_ GENDER: M  F

Are you joining a team? Y  N  TEAM NAME \_\_\_\_\_

BIRTHDATE (REQUIRED): \_\_\_/\_\_\_/\_\_\_ (mm/dd/yyyy)

T-Shirts and digitally downloadable event photos are free to **paying** participants.

T-Shirt Size: Y-XS/Y-S/Y-M/Y-L/XXS/XS/S/M/L/XL/2XL/3XL

This registration is for a child (age 10 or under) and I will pay \$10 for a T-Shirt

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

TOTAL FEE (submit on one check include youth t-shirts as appropriate): \$ \_\_\_\_\_

DONATION (indicate amount over and above fee -- if desired): \$ \_\_\_\_\_

*All donations and registration fees are tax-deductible under 501(c)(3) Tax ID# 02-0732247.*

*Fees are non-transferable and non-refundable.*

**SIGN HERE TO AFFIRM AGREEMENT WITH  
LIABILITY RELEASE ON REVERSE** 

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4US 401 NORTH E ST TACOMA WA 98403