



## UMass 5K Dash & Dine for Relief/Walk & Run Registration Form

### About This Event

UMass Dining, Amherst is hosting this event to promote healthy eating and fitness and to benefit the Amherst Survival Center. Runners and walkers participating will follow the same course around the UMass campus, starting and ending in front of Berkshire Dining Commons. A health fair will be available during registration as well as after the race. Trophies will be awarded to the top three winners of each age and gender category. A percentage of the registration fee will be donated to the Amherst Survival Center.

### Additional Information

Registration begins at 9:00 am in Berkshire Dining Commons (121 Southwest Circle, Amherst, MA 01003). The race will begin at 11:00 am. Parking is available in lots at the bottom of the hill across the street. No bicycles, roller blades or skateboards are allowed on the course during this event.

LAST NAME

FIRST NAME

**OFFICIAL USE:**

**BIB#**

AGE ON: 03/26   BIRTHDATE MONTH DAY YEAR     GENDER

ADDRESS

If student living in residence halls, list room number and dorm

CITY  STATE  ZIP

E-MAIL

PHONE

T-SHIRT SIZE: Small Medium Large X-Large XX-Large

NAME OF TEAM (3 PEOPLE)

IF UMass Student, PROVIDE ID NUMBER

Select a Category:

|                          |      |                          |      |   |
|--------------------------|------|--------------------------|------|---|
| <input type="checkbox"/> | Run  | <input type="checkbox"/> | \$10 | UMass student on meal plan                              |
| <input type="checkbox"/> | Walk | <input type="checkbox"/> | \$12 | Five College student – NOT on meal plan                 |
|                          |      | <input type="checkbox"/> | \$15 | General public  |
|                          |      | <input type="checkbox"/> | \$5  | <b>Additional charge if sign up the day of the race</b> |

EMERGENCY CONTACT NAME/PHONE Please enter name of family/friend that should be contacted in case of an emergency

NAME

PHONE

### Waiver/Release Form:

Print out waiver on the next page. Read and sign your name and date. Get witness signature and date. If participant under 18 years of age, please get parent/guardian signature. If you already pre-registered on-line by March 23, 2011, bring waiver to race on the day of the event .

**Payment: Check or money order** made out to: University of Massachusetts. **Mail** registration form and waiver by Saturday, March 20, 2010 to: 5K Dash & Dine for Relief, 669 North Pleasant Street, Amherst, MA 01003. **Fax** registration form and waiver release form to 413.545.9673 by March 19, 2011.

**Sign up on-line** and pay via credit card at [www.umassdining.com](http://www.umassdining.com) until Wed., March 23, 2011 at 3 pm. Registration is available the day of the race, but at an additional \$5.00 charge.