

# MSHA Fit4Life 5k Glow Run

The Wellness Center, Johnson City

Friday, August 11 @ 8 PM



Check event:  Individual Runner (\$25 until 8/9/17, \$30 8/10 & 11/17)  
 Mountain States Health Alliance Employee  
Team Member ID# and Location \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

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

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age on Race Day: \_\_\_\_\_ Sex:  M  F

Race Day Emergency Contact (Name & Phone) \_\_\_\_\_

**Shirt Size:** Youth Sizes  YS  YM  YL  
Adult Sizes  S  M  L  XL  XXL

**Checks Payable to: MSHA**

Mail this form to: Fit4Life 5k Glow Run  
Attn: The Goose Chase  
3101 Browns Mill Rd., Ste. 6-182  
Johnson City, TN 37604

*In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all claims for personal injury or property damage, of whatever form and nature, I may have against the Mountain State Health Alliance, The Wellness Center, City of Johnson City, The Goose Chase, its affiliates and/or subsidiaries, co-sponsoring organizations, and all other persons, acting on behalf of the foregoing organizations, stemming from or arising as a result of my participation in any of the events of the MSHA Fit4Life 5k Glow Run. I attest and verify that I am physically fit and sufficiently trained to participate in any of the events that I enter. I also give my permission for the free use of my name and picture in any newspaper write up, "broadcast", "telecast", or other written account of this event.*

Signature & Date: \_\_\_\_\_

*Please visit the MSHA Fit4Life website for employee discount code*

**Register Online & Race Information**  
[www.TheGooseChase.org/fit4life-5k-glow-run](http://www.TheGooseChase.org/fit4life-5k-glow-run)