

Gilda's Club Western PA – Gilda's Runner/Walker 2011

Run for a Reason...Run As You Are!

5 Person Relay

Half Marathon

Marathon

Whether you are new to running or a seasoned runner we are so excited to have you on our team! Thank you for taking on the challenge of participating in the Pittsburgh Marathon, Half Marathon or 5-Person Relay as a Gilda's Runner/Walker. Special events like this help Gilda's Club Western Pennsylvania raise funds necessary to provide our emotional and social support program FREE of charge. Gilda's Club is a FREE non-profit support community for anyone touched by cancer – men, women, teens, children, as well as their families and friends. We are so grateful you have joined our mission so that no one has to face cancer alone.

We are asking that you raise a minimum of \$300 if you are running/walking the half marathon, \$500 for the full marathon and \$750 for the relay team (five runners). Donations can be made through Firstgiving (instructions below). Please turn money into Gilda's Club Western PA by Friday, April 29, 2011.

As a member of our Gilda's Runners/Walkers Team you will be offered:

- Fundraising page at <http://firstgiving.com/gildasclubwesternpa> to help raise suggested minimum donation.
- Member of the Gilda's Runners – organized running/walking group, water/sports drink stops, food after run, and camaraderie with others.
- Technical T-shirt
- Top fundraiser incentive prize
- Access to special charity area at the end of Marathon & post Marathon PARTY!!!

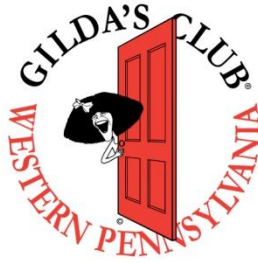
To register as a Gilda's Runner/Walker:

1. Register and pay for your event at www.pittsburghmarathon.com.
2. Please complete and return the Gilda's Runner/Walker application and release (attached) to Gilda's Club via email, fax or US mail.
3. Create a fundraising page at firstgiving.com.

Directions to create fundraising page:

- Go to <http://firstgiving.com/gildasclubwesternpa>
- Click Get Started. Then, click Pittsburgh Marathon.
- The first time you enter the site you will be asked to create a password. Enter your email address and create a password.
- Follow the directions to create your own fundraising page. You can send it to all your friends and family...it's an easy way to spread the word. Call or email if you have any trouble or questions.

If you have any questions, please contact Colleen Dwyer at colleen@gildasclubwesternpa.org or (412)338-1919.



Gilda's Club Western PA - Gilda's Runner/Walker 2011 Application
Run for a Reason...Run As You Are!
5 Person Relay
Half Marathon
Marathon

Name: _____

Address: _____

Phone Number _____

Email Address _____

Are you 18 or over? Yes No (please circle)

How did you hear about the Gilda's Runners? _____

Running Shirt Size? S M L XL XXL (please circle)

Have you registered at www.pittsburghmarathon.com for your event?
Yes No (please circle)

What event are you participating in? (please circle):

5 Person Relay

Half Marathon

Full Marathon



Release:

I understand and agree that:

1. Participation in Gilda's Runners/Walkers at Gilda's Club Western Pennsylvania is entirely voluntary. Gilda's Club Western Pennsylvania, Gilda's Runners/Walkers, and anyone associated with them will not be liable for any loss, injury or death related to my participation in Gilda's Runners/Walkers 2011 or activities associated with it.
2. I have been advised to consult my physician, or other healthcare professional, before participating in any physical activities to follow my physician's, or other healthcare professional's advice with respect to such activities.
3. Any recreational or physical training activity involves some risk of injury, whether apparent or not, and by participating in any such activity I assume all risks, known or unknown, whether foreseeable or not.

4. I do hereby for myself, my heirs, executors, administrators, successors and assigns release, acquit and forever discharge **Gilda's Club Western Pennsylvania**, its agents, employees, subsidiaries, and affiliates, successors and assigns (hereinafter "Releasees") from any and all claims, actions, causes of actions, demands, costs, loss of wages, expenses, hospital, medical and nursing expenses, accrued or unaccrued on account of or in any way growing out of my participation and involvement in the **Gilda's Runners/Walkers 2011 or activities associated with it.**

It is further understood and agreed that the undersigned relies wholly upon the undersigned's judgment, belief, and knowledge of the nature, extent, effect and risk of injury and liability that may or may not attend to participation in athletic activity and is made without reliance upon any statement or representation of the Releasees or their representatives.

I further agree to indemnify, **Gilda's Club Western Pennsylvania**, its agents, employees, subsidiaries, and affiliates, successors and assigns, and save them harmless from any and all further liability, loss, damage, claims, and expense, including attorneys' fees and costs of suit, arising because of any injuries and damages, that may be sustained by me, and, if necessary in order to save them so harmless, to satisfy on their behalf any judgment against them arising in any way out of my participation and involvement in the **Gilda's Runners/Walkers 2011 or activities associated with it.**

5. I know that it is my responsibility to obey all laws and ensure my own safety. I am physically fit and able to participate.

I HAVE READ THIS RELEASE AND UNDERSTAND AND AGREE TO ITS TERMS.

Signature:

_____ **Date** _____

Witness:

_____ **Date** _____

Signature of Parent or Guardian (if under 18):

_____ **Date** _____

Witness:

_____ **Date** _____

**Please return application to:
Gilda's Club Western PA
2816 Smallman Street
Pittsburgh, PA 15222
(412) 338-1919
(412) 338-1920 - Fax**