



2006 Jingle Bell Run for Arthritis

When: Saturday, November 4, 2006

5K Run Time: 8:00 a.m.

1 Mile Fun Run: 8:45 a.m.

Registration Opens: 7:00 a.m.

Where: Fitness One

1325 McFarland Boulevard

Northport, Alabama

Commitment Fee: \$15.00 per person (pre-registered-postmarked Oct. 27)
\$18.00 Day of Race Registration

Registration fees include commemorative long sleeve t-shirt (until supplies run out; sizes not guaranteed) and refreshments.
Incentive prizes available for those who raise/donate above the commitment fee. *NO PETS PLEASE!

Please make checks payable to: Arthritis Foundation

5K Competitive Awards:

First, Second & Third Place Overall Male & Female

First Place Overall Master Male & Female (40+)

Top 3 Male & Female in following age categories:

8 & under, 9-14, 15-19, 20-24, 25-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

For more information, contact Bethany Roten at Fitness One at (205) 333-4700,
mail broten@fitness1al.com or visit www.arthritis.org

JINGLE BELL RUN Registration Form

Name _____ Address _____

City _____ State _____ Zip _____ Phone: (Home) _____ (Work) _____

Email _____ Male Female * (REQUIRED) Date of Birth _____

T-Shirt Size _____ Team Name _____ Team Captain _____

Employer/School/Organization _____

Please check all that apply:

I will participate in the Jingle Bell Run/Walk for Arthritis:

5K Run/Walk Event: _____ (location/distance) I want to be a team captain, please send me more information

Please accept the enclosed check as a donation I want to volunteer My company has a matching gift program (company) _____

I have arthritis (type) _____ I would like more information about the Arthritis Foundation

How did you hear about Jingle Bell Run/Walk for Arthritis®? _____

WAIVER/RELEASE - SIGNATURE REQUIRED

I hereby certify the following: (1) I am physically fit and have received medical clearance to participate in Jingle Bell Run/Walk for Arthritis, (2) In consideration for my application to participate in Jingle Bell Run/Walk for Arthritis being accepted, I, on behalf of myself, my heirs and assigns, and my estate, hereby waive and forever discharge the sponsors, organizers, affiliates, as well as their agents and employees from any and all claims that may accrue as the result of my participation, and (3) I hereby grant the Arthritis Foundation specific permission to reproduce, publish, circulate, copyright or otherwise use any and all photographs and/or video of me and/or my family, taken at the Jingle Bell Run/Walk for Arthritis, for use by the Arthritis Foundation.

Participant's Signature _____ Date _____