



4th Annual
New Year's Resolution
Fun Run/Walk

1 January 2010 • 7:30 a.m. @ Aviation Social Centre

Registration Form



First Name

Last Name

Address

Phone (s)

E-mail

CHECK ONE		T-shirt size				Age: _____
Female	Male	XL	L	M	S	DOB: _____

Registration Fee: Free (no T-shirt) With T-shirt: Gh¢5

All event participants assume all risks of participation by signing this general release agreement. I, intending to be legally bound, do hereby for myself and my heirs, assigns, executors, and administrators waive and release any and all rights and claims or damages I may accrue against the persons and organizations affiliated with this event for any and all injuries that may be suffered by me in the course of the event. I attest that I am physically fit for this event. As part of the waiver I acknowledge that I have read and understand all of the above.

Signature _____ Date _____

Please return completed form with payment to **The Longevity Project** offices on So. Liberia Rd., near the Kojo Thompson intersection, next to Coral Paints car park in Tudu, Accra.
Call for more information: **021 660 488; 027 745 3902; 026 434-8637**
info@longevityghana.com

Office Use Only	Rec'd by _____
Amount Gh¢ _____	No. _____