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JW MARRIOTT PHOENIX DESERT RIDGE RESORT & SPA
5350 E MARRIOTT DR, PHOENIX, AZ 85054



JW MARRIOTT
PHOENIX DESERT RIDGE
PHOENIX, AZ



Register online this year's
5K Fun Run/1 Mile Walk



www.AnvilFunRun.com



JW MARRIOTT PHOENIX DESERT RIDGE
PHOENIX, AZ

**ONLINE
REGISTRATION**



SCAN QR CODE TO
REGISTER ONLINE AT
www.AnvilFunRun.com

**MCAA wants you to IMAGINE yourself starting your day
with an energizing 5K run or 1-Mile walk around the
serene grounds of the JW Marriott Desert Ridge.**

Join us on the Sunset Lawn as we get your hearts, and excitement, pumping at 8:00 am with warm-up exercises followed by the 8:30 am shotgun start.

All convention attendees are welcome to enjoy the continental breakfast starting at 8:00 am. Winners in each category will be recognized Wednesday morning at the Awards of Excellence Breakfast. Anvil continues to offer the ease of online registration, timing chips for every runner, and staff members available Saturday afternoon for t-shirt and bib number pick up!

Advanced registration is highly recommended at www.anvilfunrun.com or mailing this registraton form but on-site sign-up will be available at MCAA's Sports Desk on Saturday afternoon or at the race site.

EVENT INFO New and Simplified!

Pick up your number bib, timing chip and tee shirt on Saturday, March 2nd during MCAA registration or Sunday prior to race time.

Sunday, March 3rd, 2019
JW Marriott Phoenix Desert Ridge
5350 E Marriott Drive, Phoenix, AZ

SCHEDULE

- 7:00 am** Registration Continues
- 8:00 to 8:30 am** Warm-up Exercises
- 8:30 am** Shotgun Start - runners in the front and walkers to follow!



MAIL IN REGISTRATION

Sign me (us) up as indicated below. I (we) will sign in for official registration numbers at the convention site.

EVENT 5K "FUN RUN" 1 MILE WALK

GENDER M F

T-SHIRT SIZE S M L XL 2XL 3XL

AGE DIVISION 12&under 13-18 19-29 30-39 40-49 50-59 60 and better!

COMPANY

NAME

ADDRESS

CITY/STATE/ ZIP

EMAIL ADDRESS

WAIVER AND RELEASE OF LIABILITY (PLEASE READ CAREFULLY AND SIGN):

I know that running is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Annual Fun Run, JW Marriott Orlando Grande Lakes, Anvil International, the Mechanical Contractors Association of America and their respective representatives, officers, directors, agents, volunteers, and employees, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, roller skates or inline skates and animals are not allowed in the event and I will abide by this policy. I also understand that baby joggers are discouraged for the safety of all participants. I am aware that the Foundation strongly discourages the use of personal audio devices (iPods and MP3 headsets). All participants must sign & date (parent or guardian if under 18)

Signature	Date
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Mail or Fax completed entry to:
 Kristen Anderson
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 Phone: 708-885-3076 • Fax: 708-534-5334 • E-mail: kanderson@anvilintl.com