



Jog and Jam for Justice



Sponsored by the Upper Cumberland Young Lawyers Association
Benefitting the Legal Aid Society of Middle TN and the Cumberland
Saturday, April 7, 2012

Jog: 5K Run/Walk

Start Time: 7:30am (Check-In/Same-Day Registration: 6:30-7:15am)

Start/Finish at Tennessee Tech Campus on Stadium Drive by Tucker Stadium

Jam: Fun evening of music and relaxation at Char, 14 S. Washington Ave., Cookeville
6pm-10pm www.charcookeville.com



Registration Fee: \$25 in advance/\$30 day of event. Includes Jog, t-shirt*, entry to Jam,
and 2 drink tickets at Jam. Jam-only tickets available at door for \$10.

Make checks payable to LEGAL AID SOCIETY

The Legal Aid Society is a nonprofit law firm that provides free civil legal advocacy and education to low-income individuals and families. For more info on Legal Aid go to: www.las.org

Mail to: Rachel Moses, Legal Aid Society, 9 South Jefferson Ave, Suite 102, Cookeville, TN 38501

Please PRINT clearly

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Phone: (_____) _____ Email address: _____

T-shirt size (*circle one*): S M L XL XXL (*Note: T-shirt size is not guaranteed unless payment is received by 3/30/12)

Mandatory Waiver and Release for Photos/Videos (All participants must sign):

I know that walking/jogging/running/wheelchair cycling is a potentially dangerous activity. I should not enter unless I am properly trained, medically able and take into account any pre-existing medical conditions. I assume any and all risks associated with this event including, but not limited to: falls, contact with participants or traffic, the effects of weather, and road conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my registration fee, I for myself and anyone entitled to act on my behalf, waive and release the Legal Aid Society of Middle Tennessee and the Cumberland; the Upper Cumberland Young Lawyers Association; the Tennessee Bar Association; the City of Cookeville; their sponsors, members, employees and all other organizations and persons connected with this event. They are not held liable or responsible for any injuries which I may suffer while taking part in this event, or as a result thereof, in this connection. I hereby waive any claim for damages to my person or property. I grant full permission for organizers to use photographs, videotape or motion pictures of me, and/or quotations from me in legitimate accounts and promotions of this event. No refunds are available – event held rain or shine. T-shirts are not guaranteed for late registrants.

Signature of Registrant or Parent, if a minor

Date

Participants under 18 must have this form signed by a parent or legal guardian