

**5K Run/Walk  
Saturday  
Sept. 25, 2021  
8:30 a.m.**

**Movement Disorders**

**MOVE4U 5k**

**Mail-in registrations  
must be postmarked  
by September 4th**

## Registration Form

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

5K T-SHIRT SIZE (Circle One) Adult: S M L XL Minimum age of entry 13

**IN CASE OF RAIN:** The race will proceed as planned. We reserve the right to change the date under extreme circumstances.

### ADDITIONAL DONATIONS

Donations are tax-deductible and an acknowledgement letter will be sent to the donor for tax purposes

Contributor Information			
First Name	Last Name	Mailing Address	Amount

#### ENTRY FEE(S) OR DONATION

Entry Fee: \$ \_\_\_\_\_ (\$20)

Donation: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

My Employer has a  
Matching Gift Program: \$ \_\_\_\_\_

Please make check payable to PMDF

Visa ( ) MasterCard ( )

\_\_\_\_\_  
Credit Card No.

\_\_\_\_\_  
Expiration Date

\_\_\_\_\_  
CVV Code (last 3 digit on the back of your card)

Mail Entry Form & Payment to:

PMDF

14772 Moran St.

Westminster, CA 92683

For more information call: 714-369-7426

#### RELEASE FORM (all registrations must be signed)

I hereby waive any and all claims against PMDF, event sponsors, personnel, and all other persons, firms, corporations and/or entities or anyone associated with this event, their respective or successors, for any injury or claims for damages that I may suffer from participation in this event. I grant full permission for organizers to use photographs, videotapes, recordings or any other record for this event.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent or guardian (if under 18 years old)

\_\_\_\_\_  
Date