

Sunday, April 25, 2010
10am-2pm
Dominion Tower
999 Waterside Drive
Norfolk, VA 23510



Registration fees (please check a category)

- Noncompetitive 25 Stories (*not timed*) \$25
- Competitive 25 Stories \$35
- Competitive 50 Stories \$35
- Competitive 100 Stories \$35

(The cost is \$15 more (\$40 & \$50) for walk in registrations the day of the event.)

Visit www.theupcenter.org for information about online fundraising, to download a fundraising form, and for a listing of fundraising prizes.

Need an elevator pass?

I can't climb, but I would like to make a Donation of \$_____.

What's your size? *All participants will receive a free shirt!*

Adult (*unisex styling*): Sm__ Med__ Lg__ XL__ XXL__

Youth: Y-sm__ Y-med__ Y-lg__

Climbing with a team?

Corporate__ Military__ Emergency Responder__ General__ Youth Group__

Team name: _____

(name of company, military command, unit, youth group, etc.)

Each participant must complete an individual registration form!

Name: _____

Address: _____ City, State, ZIP: _____

Preferred Phone: _____ Secondary Phone: _____

Email (*required for event updates and start time*): _____

Age on 4/25/10 (must be at least 8 years) _____ Birthdate _____ Male__ Female__

Approximately how long does it take you to run a mile? _____

Emergency Contact name and phone number: _____

Register online at www.theupcenter.org/stepup or mail this form with your check payable to:

The Up Center
Attn: Jessica Oulahan
222 W. 19th Street
Norfolk, VA 23517

Or, select method of payment by credit card:

VISA__ MasterCard__

Credit Card Number: _____ Exp. Date: _____ Security Code: _____

Total amount to be charged: \$_____

Signature: _____

Questions? Contact Jessica Oulahan via email at jessica.oulahan@theupcenter.org or 757-965-8649.

Please note that a signed waiver is required to participate in the Step Up stair climb. For minors the waiver must be signed by a parent or guardian. Please see the waiver form below.

Release

I, _____, intending to be legally bound, understand and agree that I am voluntarily participating in "Step Up for The Up Center" (the "Event"), taking place at Dominion Tower, 999 Waterside Drive, Norfolk, VA 23510-3300 on April 25, 2010, which has been organized for the benefit of Child & Family Services of Eastern Virginia, Inc. d/b/a The Up Center ("The Up Center").

I understand and agree that I am participating in the Event at my own request and my own risk. I acknowledge that I am aware of the risks inherent in the Event and certify that I am physically fit, have not been informed by any physician and know of no restrictions imposed on me by my own physician that would in any way prevent me from actively participating in the Event.

In consideration of being permitted to participate in this Event, I, on behalf of myself, my successors in interest, heirs, assigns, and representatives, hereby waive all rights of subrogation and fully release and agree to hold harmless The Up Center, Harbor Group International LLC, the City of Norfolk, Kale Enterprises, Inc. d/b/a KaleRunning.com and of their respective affiliates, and each of their respective officers, directors, trustees, agents, employees, insurers, representatives, successors and assigns (collectively, the "Released Parties"), from any and all liability, claims, damages or causes of action for any reason, including, without limiting the generality of the following, death, bodily injury, property damage or any other loss or inconvenience whatsoever, suffered by me at any time hereafter occurring as a result of my participation in the Event (collectively, "Liabilities").

I also agree to give permission for the free use of my name, picture and voice in any broadcast, telecast, print account or any other account in any medium of this Event.

Date: _____ Signature of Participant _____

Participants Under 18

*Must be signed by parent or legal guardian if participant is under 18 on the date this Release is signed.

The undersigned certifies that he/she is the parent or legal guardian of the participant, and as such and on behalf of myself and the participant, agrees to the terms of the Release, releases all Released Parties from all Liabilities, and agrees to indemnify and holds harmless the Released Parties from and against all Liabilities arising from the participant's participation in the Event.

*Signature of Parent/Guardian: _____

Date: _____

If mailing this form, please send it to: Jessica Oulahan, The Up Center, 222 W. 19th Street, Norfolk, VA 23517. For more information, please contact Jessica Oulahan at 757-965-8649 or Jessica.Oulahan@theupcenter.org.