

*Howe ISD Student Health Advisory Council*  
**The 3rd Annual Bulldog Run**  
**5K Run & 1 Mile Walk-Fun Run, Health Fair, & Silent Auction**  
*April 11, 2015*

Howe Middle School Gymnasium and Parking Lot. Please check in at least 15 minutes before the race.

**Participants registering by March 23rd will receive a t-shirt on the day of the race (with paid entry). Those registering after March 23rd may receive the t-shirts 1-2 weeks after the event.** Proceeds to be donated to **the American Heart Association and the Howe Memorial Scholarship.**

**1Mile Walk/Run 8:30 (check in by 8:15) Entry Fee: Donation. Donations \$10 or over receive a T-Shirt**

**5K Run 9:00** (check in by 8:45) Entry Fee: \$20 and includes T-shirt

**\*\*\*One Registration and Waiver Form is required per participant\*\*\***

**Registration Information**

Participant Name: \_\_\_\_\_ (please print)

Age: \_\_\_\_\_ Guardian Information (if participant is 18 or under) \_\_\_\_\_

Event: 5K \_\_\_\_\_ 1 Mile Walk/Run \_\_\_\_\_

**Contact Phone #:** Home/ Cell \_\_\_\_\_ Daytime/Other \_\_\_\_\_ Other: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Shirt Size: Youth Sm \_\_\_\_\_ Youth Md \_\_\_\_\_ Youth Lg \_\_\_\_\_ Adlt Sm \_\_\_\_\_ Adlt Md \_\_\_\_\_ Adlt Lg \_\_\_\_\_ Adlt XL \_\_\_\_\_ Adlt XXL \_\_\_\_\_ No Shirt \_\_\_\_\_

Emergency Contact Information: Name \_\_\_\_\_ Contact # \_\_\_\_\_

Other Health Information Organizers should be aware of: \_\_\_\_\_

Questions: 903-532-3228

**WAIVER RELEASE**

I hereby certify the following: I am physically fit and have medical clearance to participate in the Howe ISD 5K Run/Walk on April 11, 2015. If I do participate, I, on behalf of myself, my heirs and assigns, and my estate, hereby waive and forever discharge the sponsors, organizers, affiliates, as well as their agents and employees from any and all claims that may occur as a result of my participation.

**Participant Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Participant Signature** \_\_\_\_\_  
**(Parent/ Guardian Signature if participant is under 18)**

**Health Fair Participants:** Health Services Business and Organizations wishing to set up a booth to disseminate information should contact Ritchie Bowling at 903-532-3228 to request a Health Fair Registration Form.

\*Howe ISD reserves the right to deny participation in the Health Fair. Howe ISD does not endorse or promote the use of any products or services displayed at the Health Fair event.

# ***The 3rd Annual Bulldog Run*** ***5K Run & 1 Mile Walk-Fun Run, Health Fair, & Silent Auction***

*April 11, 2015*

## ***Health Fair Registration Form***

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**5K Run 9:00** (check in by 8:45) Entry Fee: \$20 and includes T-shirt

Health Fair: Set up may begin as early as 8:00 in the Howe Middle School Gym. Health Fair will end at 10:30.

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**Health Fair Registration:** (To set up a booth) Health Services related companies and organizations are welcome to attend and set up booths in the Gymnasium or Cafeteria (Site to be determined)

Name of Business/ Organization: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Brief Explanation of Booth and Information at Health Fair:

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