

## 5K Run, 1 Mile Walk-Fun Run

October 8, 2016

Howe Middle School Gym (registration). Please check in at least 15 minutes before the race.

Participants registering by September 30 will receive a t-shirt on the day of the race (with paid entry). Those registering after September 30 may receive the t-shirts 1-2 weeks after the event. (or on race day if available)

Proceeds will go to 8<sup>th</sup> Grade Class end of year Activities

**1Mile Walk/Run 8:30** (check in by 8:15) Entry Fee: \$15 and includes T-shirt

(t-shirt only \$12)

**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 \_\_\_\_\_

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

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

Questions: 903-532-3286

### **WAIVER RELEASE**

I hereby certify the following: I am physically fit and have no medical restrictions to participate in the Howe Middle School 5K Run/Walk on October 8, 2016. 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)

Return Registration Form to Howe Middle School. 300 Beatrice, Howe, Texas 75459.