

Howe ISD Student Health Advisory Council  
**The 7th Annual Bulldog Run**  
**5K Run & 1 Mile Walk-Fun Run & Health Fair**  
**Saturday, May 18, 2019**

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

**Participants registering by May 1 will receive a t-shirt on the day of the race (with paid entry). Those registering after May 1 will receive a t-shirt 1-2 weeks after the event.**

Proceeds to be donated to the **Howe ISD Memorial Scholarship**.

**1 Mile Walk/Run 8:30 am** (check in by 8:00 am) Entry Fee: Donation. Donations \$10 or over receive a T-Shirt

**5K Run 9:00 am** (check in by 8:30 am) Entry Fee: \$20 and includes T-shirt

**Please make checks payable to Howe ISD.**

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

**Registration Information**

[PLEASE PRINT]

Participant Name: \_\_\_\_\_

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

Event:  5K  1 Mile Walk/Run

**CONTACT INFORMATION:** Home | Cell \_\_\_\_\_ **Email:** \_\_\_\_\_

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

Shirt Size:  Youth SM  Youth LG  Adult SM  Adult LG  Adult XXL  No shirt  
 Youth MED  Adult MED  Adult XL

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

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

**Questions: 903-532-3228**

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**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 **May 18, 2019**. 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)

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**Health Fair Participants:** Health Services Business and Organizations wishing to set up a booth to disseminate information should contact Darla Williams 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.

**Please return Registration Form to any school campus office.**