

# **Strides for School 5K Run/Walk & Fun Run**

Saturday September 22<sup>nd</sup>

**Deadline to register is September 9.**

For more registration forms follow the  
link below.

<http://ghpto69.wixsite.com/ghpto/5k>



# 7th Annual Strides for School 5K Run/Walk and Fun Run

Saturday, September 22, 2018

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Time: 8:00 AM-5K Run/Walk

Time: 9:00 AM-1 Mile kids Fun Run (Ages 11 and Under)

Course: All races start and finish at Great Oaks Community Church cross country course.

Entry Fee: 5K-\$40; 1 mile Fun Run \$20

REGISTRATION NEEDS TO BE COMPLETED BY: **September 9, 2018** (t-shirts are not guaranteed after that date)

Send registration forms and money to your school office marked: **PTO 5K**

Runners are to pick up their numbers and race bags on Friday, September 21 from 4-5:30 at Germantown Elementary entrance. Packet pick up is also available the morning of the race.

Restrooms will be provided at Germantown Hills School. **There will be no restrooms available at Great Oaks.**

Age Groups and Awards

5K Run

14 & under 15-19 20-29 30-39 40-49 50 & over

All children participating in the Fun Run will receive a medal. Awards immediately following kids Fun Run. Awards will be given for overall top male and female and top runner up in all age groups.

Questions to Michelle Hand (mma81@hotmail.com)

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## Strides for School 5K Run/Walk and Fun Run

NAME \_\_\_\_\_ GENDER \_\_\_\_\_

Indicate T-shirt size:  Youth  Adult  Ladies small \_\_\_\_\_ medium \_\_\_\_\_ large \_\_\_\_\_ X-large \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

RACE: 5K Run \_\_\_\_\_ 5k Walk \_\_\_\_\_ 1 mile Fun Run \_\_\_\_\_

AGE ON RACE DAY: \_\_\_\_\_ PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

### WAIVER AND RELEASE OF PARTICIPATION

Please read this form carefully and be aware that signing up and participating in this race is a potentially hazardous activity. In signing this form you will be waiving all claims for injuries, arising from this race that you or the above participant might sustain. In registering for this race you are agreeing as follows: I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risks of any injuries, including death, damages or loss which I or a child of mine may sustain as a result of participating, in any matter, in any and all activities connected with this race. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury. I further understand that this race is a voluntary activity unrelated to, and not a part of, any program or activity of Germantown Hills School District No. 69. I agree to waive, release, indemnify and hold harmless the Germantown Hills Parent Teacher Organization, Germantown Hills School District No. 69, and any and all other agents, servants, volunteers or employees of whatever nature from any and all claims for injury or damage that I or any participating child of mine may have as a result of participating in this race.

*I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this race for any legitimate purpose.*

UNSIGNED ENTRIES WILL BE REJECTED

\_\_\_\_\_  
Signature of runner

\_\_\_\_\_  
Signature of parent if runner is under 18 yrs.

Organized by: Germantown Hills District 69 PTO. All proceeds benefit Germantown Hills District 69