

HOLZ ELEMENTARY PTA
1st ANNUAL TRICK OR TROT 5K RUN/1 MILE WALK
KANAWHA STATE FOREST
SATURDAY, OCTOBER 31, 2009

TIME: 9 AM (Kids wear your costumes!)

COURSE: 5k Race will begin at pool near shelter #9 and will be a fast out and back run.

AWARDS: Long-sleeved T-Shirts to the first 100 participants. All pre-registered participants will be guaranteed a shirt. Awards will go to the top two finishers in each of the male and female divisions.

DIVISIONS:

<u>Male & Female</u>	
19 & Under	
20-24	25-29
30-34	35-39
40-44	45-49
50-54	55-59
60-64	65-69
70 & Over	

FEE: \$15.00 before October 21, 2009 \$20.00 day of race

REGISTRATION: You can register at iplayoutside.com or mail your application to us at P.O. Box 11533, Charleston, WV 25339. All mail in registration must be received by Wednesday, October 21, 2009.

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Name _____ Sex _____ Age _____

Address _____

City _____ State _____ Zip Code _____

Please circle one: Run Walk Wheelchair *T-Shirt* M L XL XXL

WAIVER (If under 18 years of age, your Parent or Legal Guardian must read and sign waiver)
I know that participating in a run/walk is a potentially hazardous activity. I should not participate unless I am medically able. I understand the nature of and assume all risks associated with my voluntary participation in this event including, but not limited to falls, contact with other participants, the effects of the weather and traffic. Knowing these facts, I, the undersigned waive and release for myself and anyone entitle on my behalf, any and all rights and claims for damages, demands and any other actions whatsoever which I may have against Holz Elementary PTA and Kanawha State Forest, volunteers and all participating sponsors and supporters of the event. I grant full permission to use any photographs, video tapes, or any other record of my participation in this event for any legitimate purpose including promotional purposes.

Signature

For more information contact Amy Shuler Goodwin at 304-549-2814 or asg@thegoodwingroup.com.