

HOLZ ELEMENTARY PTA
TRICK OR TROT
5K RUN/1 MILE WALK
KANAWHA STATE FOREST
SATURDAY, OCTOBER 30, 2010

TIME: 9 AM

COURSE: Race will begin at pool. Fast run out and back.

AWARDS: Long-sleeved T-Shirts to the first 50 registered participants. Awards will go to the top two finishers in each of the male and female divisions.

DIVISIONS:
Male & Female
19 & Under
20-24 25-29
30-34 35-39
40-44 45-49
50-54 55-59
60-64 65-69

FEE: \$15.00* - Money will help buy a school bicycle rack!

***Elementary age children are free. Costumes are encouraged!**

REGISTRATION: You can register at Holz Elementary or onsite the day of race

----- please print-----
Name _____ Sex _____ Age _____

Address _____

City _____ State _____ Zip Code _____

Please circle one: Run Walk Wheelchair T-Shirt YM YL Adult 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 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