4th Annual Fall Frolic 5K FUN Run/Walk

Sponsored by ABS (Association of Business Students)

WHAT/WHEN/WHERE

5K FUN Run / Walk (Approx. 3.1 miles)
Sunday, November 3, 2013
Run/Walk begins at **10 am at Central High School**
24617 75th Street Salem, WI 53168

EVENT HIGHLIGHTS

The 5K Run / Walk will commence at Central High School and travel entirely on CHS's property ending on the football field.
Professional timing will be used
All profits goes to MDA and March of Dimes

ENTRY FEES

Pre-Registration Deadline: October 18, 2013
5K Run/Walk entry with a T-Shirt/Goodie bag - **$20.00**
(Same-day registration fee is $25)

PRE-REGISTRATION

To be pre-registered your registration form must be completed and received before Friday, October 18, 2013. Please make checks payable to CHS. Registration forms and money may be dropped off or mailed to:
Jessica Petersen
Central High School
P.O. Box 38
Salem, WI 53168
**You will be a guaranteed a t-shirt if you are pre-registered.*

RACE DAY INFO

Same-day Registration Time: 9-9:30 am
By the concession stand
Start time: 10 am
Awards: After race

AWARDS

1st Male & Female Runner over the finish line gets a Champ Plaque/Trophy
Overall: Male/Female (1, 2, 3 place medals)
Awards will be presented on the football field immediately following the race

ADDITIONAL INFORMATION

The Fall Frolic 5K is sponsored by ABS (An Association of Business Students) and proceeds will go towards our goal of raising $3000 for the Muscular Dystrophy Association and March of Dimes.

DONATIONS

If you would like to make a monetary donation, please make checks payable to CHS and mail to the address under the pre-registration headline.

REGISTRATION FORM

Please fill out the registration form on the back of this sheet.

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5K FUN Run/Walk

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REGISTRATION FORM

One form per person, please photocopy as needed.

Male ☐

Female ☐

First Name (Please Print) Last Name Age

Address

City/State/Zip Phone

Email *(Used to confirm registration)*

T-Shirt Size:

- ☐ Small
- ☐ Medium
- ☐ Large
- ☐ Extra Large
- ☐ XX Large

Note—Shirts are provided to all pre-registered participants. Those registering onsite November 6 are not guaranteed a shirt or a correct size.

Registration:

☐ Individual Pre-Registration
$20 (due by October 18)

☐ Onsite Registration
$25 (no t-shirt guaranteed)

☐ Check Enclosed (make it payable to CHS).
Mail to: Central High School (Attn: Jessica Petersen)
P.O. Box 38
Salem, WI 53168

WAIVER AND RELEASE STATEMENT
(All participants must read and sign)

I have read the accompanying event information and understand the policies of the event. I know that running and walking a trail race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I 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, including extreme temperatures, traffic and all conditions ofthe road, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and **WAIVE, RELEASE AND DISCHARGE** Central High School, Association of Business Students (ABS), the Town of Salem, all sponsors, race officials, workers or volunteers, their representatives, successors or assigns for **ANY AND ALL** claims or liability, whether forseen or unforseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event. I further grant full permission to the above mentioned sponsors, organizers and or agents authorized by them, to use any videotapes, motion pictures, recordings or other record of the event for any reasonable purpose.

Signature of Participant Date
(or signature of Parent/ Guardian if entrant is age 17 or under)