



5K Fun Run/Walk



Saturday, September 23, 2017, 9:00 am, Rain or Shine!

Hosted by Southeast Polk Cheerleading benefitting American Cancer Society Relay for Life-Eastern Polk County

To benefit American Cancer Society's Relay For Life Come join us for an approximate 3.1 mile run/walk on the Secondary Campus of Southeast Polk. There will be raffles throughout the event that all registered participants will be eligible to win!

Event Overview

- Location: Start/End - Southeast Polk High School Track
- Check In: 8:00 – 8:30 am Day of Event
- Registration Fees: **To be guaranteed an event shirt, please register by September 15th.**
 - \$25 Adult
 - \$15 Youth (K-12)
 - **Day of Event:** \$30 Adult, \$20 Youth
- How to Register: Mail this form & payment to Jenny Rinehart 8325 NE University Avenue Pleasant Hill, IA 50327 (checks payable to SEP Cheer)

Questions: jenny.rinehart@southeastpolk.org /call 515-967-5509 ext 3078
belinda.rinehart@southeastpolk.org / call 515-669-8975

CUT HERE--ONE participant per form. Checks payable to: SEP Cheer

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

EMAIL: _____ PHONE: _____

EMERGENCY CONTACT: _____ PHONE: _____

Shirt Size _____ Fee Enclosed: \$ _____ **NOTE: All registration fees are donations given to the American Cancer Society by the 5K Fun Run/Walk and are 100% tax deductible.**

Waiver: I know that walking/running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by all decisions of the race officials relative to my ability to complete the run safely. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the American Cancer Society, Eastern Polk County Relay for Life Teams, the city of Pleasant Hill, Southeast Polk Community Schools and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event. Furthermore, I agree to be bound by the rules established with respect to this event. In consideration of the safety of all participants, I understand that absolutely no baby joggers, baby strollers, animals on leash, skateboards, skates, wheeled shoes, rollerblades or bicycles are allowed on the course. In addition, I understand that if the race is canceled by circumstances beyond the control of the organizers, my entry fee will not be refunded. I grant permission to all the foregoing to use photographs, motion pictures, recordings, and/or other record of this event for any legitimate purpose.

Signature _____ Date _____