



# Elementary School Fitness Run

## Mill Race Park

### May 22, 2010

### 10:00 am

**The Columbus Running Club** will host the annual Elementary Fitness Run at Mill Race Park on Saturday, May 22<sup>th</sup> at 10:00 a.m. This run is open to all students in Bartholomew and surrounding counties in grades K-6. There will be a ¼ mile run for Kindergarten/preschool students, ½ mile run for first and second graders, and mile runs for third/fourth, and fifth/sixth graders.

**Awards** will be given to the top 3 boys and girls at each grade level group. Ribbons will be given to all finishers. Also, a trophy will be presented to the school with the most participants finishing the races.

**A picnic lunch** will be provided to all the runners after the race.

*\*\*Please return completed entry forms to your school sponsor or send to Parkside Elementary School c/o Pat Laymon, 1400 Parkside Dr. Col. IN 47203 by May 18<sup>th</sup>, 2010.*

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*Fitness Run Entry Form*

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Boy** \_\_\_ **Girl** \_\_\_ **Grade** \_\_\_ **School** \_\_\_\_\_

**Teacher** \_\_\_\_\_

In consideration of acceptance of my entry, I hereby release, discharge and agree to hold free and harmless any sponsors, officials of organizers of this event and each of them together with their successors, assigns, officers, agents, and employees from any and all liability for injuries to property or person suffered by me as a result of my participation in this event. By execution of this waiver, I assume all risk associated with my participation in this event, including, but not limited to falls, the effects of weather, traffic and road conditions, all such risks being known and appreciated by me. I verify that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed medical doctor.

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**Signature of Parent of Guardian**