

Shoals Track & Field  
Off-Road 5K  
Run/Walk

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Tired of the road? Pavement gotcha down? Ready to get back to nature? Hit one of the first 5K's of the season:

**The Shoals Track & Field Off-Road 5K Run/Walk.**

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**When?**

Saturday March 13, 2010

10:00 AM

**Where?**

Shoals High School

7900 US Hwy 50

Shoals, Indiana

**What?**

The race will be on the cross country course. The race will cover two circuits over hilly, grassy, tree-lined ground.

**Why?**

All proceeds will go to the Shoals Track & Field program to pay for the needs of the 2010 season.

**Entry Fee (Includes event t-shirt!)**

Pre-Registration = \$15

Day of Race = \$20

**Pre-Registration**

To be pre-registered, your completed registration form must be received before March 1, 2010.

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

**Checks payable to:** Shoals High School.

**Mail to:**

Shoals High School

Attn: Dennis Dahlen

7900 US Hwy 50

Shoals, IN 47581

**Awards**

Overall Man & Woman (18+)

Overall Boy & Girl (under 18)

Age Groups (3 places)

Male & Female (1-10, 11-14, 15-17, 18-24, 25-29, 30-36, 37-45, 46-55, 56+)

# Shoals Track & Field Off-Road 5K Run/Walk



**March 13, 2010    10:00 AM    Shoals Track & Field    5K Off-Road Run/Walk**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Email \_\_\_\_\_

### Event

Place a checkmark in the blank next to the event in which you will be participating.

\_\_\_\_\_ 5K Run

\_\_\_\_\_ 5K Walk

### T-Shirt

Place a checkmark in the blank next to the size of t-shirt that you want.

\_\_\_\_\_ XS    \_\_\_\_\_ S    \_\_\_\_\_ M

\_\_\_\_\_ L    \_\_\_\_\_ XL    \_\_\_\_\_ XXL

### Note

T-shirts are provided to all pre-registered participants.

Although we will do our best to accommodate 'day of race' registrants, we cannot guarantee a shirt or preferred size to those who register on the day of the race.

### 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 of the road/trail, 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 Shoals Community Schools, Shoals Track & Field programs, the town of Shoals, all sponsors, race officials, workers or volunteers, their representatives, successors or assigns for ANY AND ALL claims or liability, whether foreseen or unforeseen, 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 photographs, video tapes, motion pictures, recordings or other record of the event for any reasonable purpose.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

(or signature of parent or guardian if entrant is under the age of 18)