



**May 20th, 2023**

8:00 AM Begin and End at Jacksonville Community Center

Please join us for the 1<sup>st</sup> annual **Glazin' a Trail 5K** being held at the Jacksonville Community Center, benefiting the Jacksonville High School Cross Country and Volleyball teams in Jacksonville, Alabama. It is a road/trail run and is open to runners and walkers. All funds raised at this even will go toward expenses for both programs, including equipment and uniform expenses, tournament/running fees, and travel expenses.

**Race packets may be picked up 1 hour prior to race time.** Register at Run Signup or use paper registration.

Adult Registration Fee \$25.00 **before** May 5, 2023. Adult Registration Fee **after** May 5, 2023 is \$30.00.

Kids 12 & Under Registration Fee \$20.00 **before** May 5, 2023. Kids 12 & Under, Registration Fee **after** May 5, 2023, is \$25.00. Complete the following application and mail it with your check payable to: **JHS**. Mail to: Jacksonville High School, Attn: Anna Goodwin 1000 George Douthit Dr SW. (Please include your DL #).

If you have any questions, please use the contact persons listed:

Anna Goodwin—Email: [agoodwin@jcsboe.org](mailto:agoodwin@jcsboe.org) or Amber Russell—Email: [arussell@jcsboe.org](mailto:arussell@jcsboe.org)

FIRST NAME: \_\_\_\_\_

LAST NAME: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_ SEX (CIRCLE ONE) M F

SHIRT SIZE (CIRCLE ONE) YS YM YL YXL S M L XL XXL

Registrants registered after May 5, 2023 will not receive a t-shirt.

**PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW**

I know that running a road race is a potentially hazardous activity which could cause injury or death. I will not enter and participate unless I am medically able and properly trained. By my signature, I certify that I am medically able to perform this event and am in good health. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race, and I will abide by this guideline. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the GLAZIN' A TRAIL 5K, the city of JACKSONVILLE, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

**Signature (parent or guardian required if under 18)**

\_\_\_\_\_ Date \_\_\_\_\_