



5k Run and 1 Mile Walk

To help empower girls everywhere.

Thursday, May 19 at 5:30PM at Rustin High School

Cost: \$15 for students

\$20 for adults

T-shirts guaranteed to everyone who registers by May 6. A limited number of extra t-shirts will be available.

Register on line at www.runccrs.com.

Registration Form

Name _____ AGE _____ Sex _____

E-mail address _____

School _____ Team/Homeroom _____

Walk _____ Run _____

Waiver: In consideration of the furtherance of your purpose, objective and work, and in consideration of your permitting me to participate in your "Run/walk" event on behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release any and all rights and claims for damages which I may have against you, the municipalities through which the event will take place, as well as any other person connected with the event, their heirs, executors, administrators, successors and assigns for any and all injuries which I may suffer while taking part in the event or as a result thereof.

Signature _____ Date _____

Signature of Parent(if under 18) _____