

Student Registration Fitness Tracker

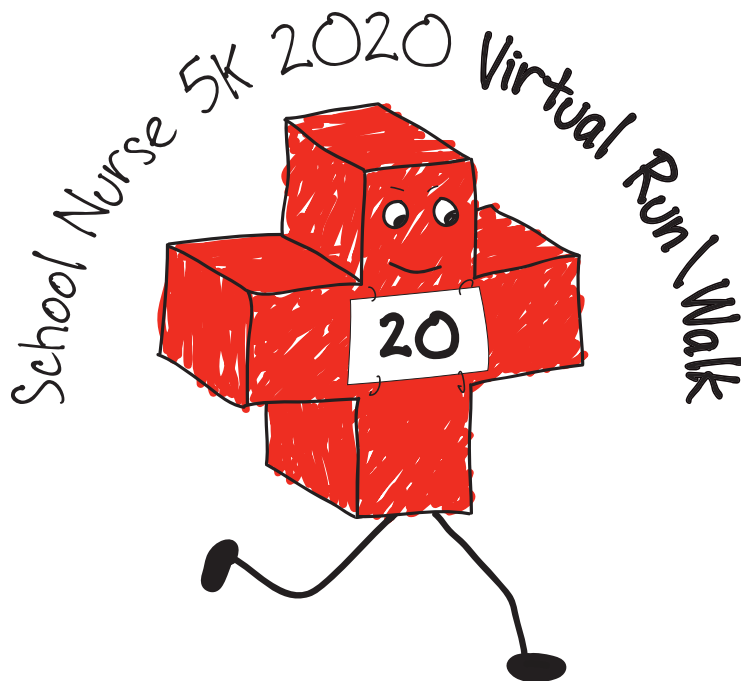
Students can enter the Run/Walk for FREE

by completing ten, 30-minute physical fitness activities. Jump rope ... stretch ... shoot hoops ... run laps around the block ... rollerblade ... play ball ... **the choices are up to you!**

This event is endorsed by:



facebook.com/schoolnurse5k
hollandhospital.org/schoolnurse5k



Activity: _____ Adult Signature: _____ 1	Activity: _____ Adult Signature: _____ 2	Activity: _____ Adult Signature: _____ 3
Activity: _____ Adult Signature: _____ 4	Activity: _____ Adult Signature: _____ 5	Activity: _____ Adult Signature: _____ 6
Activity: _____ Adult Signature: _____ 7	Activity: _____ Adult Signature: _____ 8	Activity: _____ Adult Signature: _____ 9
Activity: _____ Adult Signature: _____ 10		

Please return this completed sheet
by Sep 11 to guarantee shirt.

- **drop off:** your school main office
- **fax:** (616) 394-3477
- **mail:** Holland Hospital Fund Development
602 Michigan Ave. Holland, MI 49423
- **email:** cperdok@hollandhospital.org

School Nurse 5K Virtual Run/Walk Registration

October 1-11, 2020

Student's Name _____

Address _____ City/State _____ Zip _____

Team/Family Name (for packet pick up) _____

School _____ Birthdate _____ Gender: F M

Phone _____

Email (for reminders & information) _____

Emergency Contact _____ Phone _____

Waiver and Release:

I understand that I am participating in a virtual race and I certify that I am physically able and properly trained to participate in this race. I understand running a road race is a potentially hazardous activity, and I assume all risks associated with running in this event- including, but not limited to, falls, effects of the weather, traffic conditions, etc. Therefore, I waive and release Holland Hospital or any other sponsors of this event from any liability. I grant permission for the use of any photographs, video recording, or any other record of this event for any legitimate purpose.

Parent
Signature _____

Shirt Size (circle one) Child: S M L Adult: S M L XL XXL