



BUCS ON THE RUN 5K

SATURDAY, November 21st - 8:00 AM - HAUGHTON HIGH SCHOOL

Please join us for the 5th Annual Bucs On The Run 5K in support of the Haughton High School and Middle School Cross Country Programs!

Date & Starting Time: Saturday, November 21st with 5K start time of 8:00am at Haughton High School

Registration: Registration is \$20 and can be done online at www.sportspectrumusa.com, in person at Sportspectrum which is located at 6970 Fern Avenue, Shreveport LA. **(No shirts are guaranteed for registrants after Friday November 13th)**

Phantom Runner: (Shirt Only): If you are not a runner but would like to support our teams, you can register as a Phantom Runner by November 13th and receive a shirt and our appreciation!

T-shirt and Packet Pick-up: You can pick up your race packet at Sportspectrum beginning Thursday, November 18th noon – 6:30 p.m. Friday, November 20th from 10:00 a.m. – 5:30 p.m.. You can also pick up your packet on race day at the registration table beginning at 6:30am. Phantom runner shirts will also be available for pick-up at Haughton Middle School the week following the race.

Awards: Overall male and female, overall high school male and female, overall middle school male and female, 1st and 2nd place in each age group. **Age Groups:** 11 – under, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Special Note: Strollers, wagons, baby joggers, and hand pushed or pulled vehicles will be allowed on the course, but only at a walking pace. Absolutely NO in-line skates, roller skates, or runners with baby strollers will be allowed on the run course.



SIGN UP ONLINE at www.sportspectrumusa.com



Waiver & Release

In consideration of my being admitted to enter "Bucs on the Run 5K", I, for myself, my heirs, and assigns, executors and administrators, do hereby forever release and discharge Sportspectrum, RRCA, Sportspectrum Race Management, Bossier Parish School Board, Haughton High School, Haughton Middle School, their employees and agents, of and from any and all claims or demands for damages, injuries, or liability, in any manner arising out of participation in this event. I agree to indemnify and hold harmless the parties released above from any claims or demands for damages, for injuries or liability, in any way arising out of my participation in this event. I certify that I have prepared myself for this race and that I am in adequate physical condition to complete the event I have entered. I agree to follow all rules of this race and to permit myself be removed from the competition if in the opinion of Race Management that continuing would endanger my health.

BUCS ON THE RUN 5k Official Entry Form – November 21st, 2020

Last Name _____ First Name _____

Address _____ City _____ Zip _____

Birth Date ____/____/____ Circle: Male or Female Race: Phantom Runner _____ or 5K _____

Email: _____

T-Shirt Size (100% Polyester) YS YM YL S M L XL XXL (add \$2.00)

I understand and agree to all conditions of waiver. Signature _____

Parent/Guardian Signature for participant under 18 years old _____