



WEST SHAMOKIN "RUN THE SWAMP" 5K

May 12, 2018 @ 9:00AM Rain or Shine

Name: _____ (Print) WSHS Student: Yes _____ No _____

Team: _____ None _____ Boys BB _____ Girls BB _____ Soccer _____ Girls VB _____ Boys VB
 _____ Softball _____ Baseball _____ Football _____ Golf _____ Cheerleading (Teams cannot register online)

Other Team Members: _____, _____, _____, _____

Address: _____ State: _____ Zip: _____

Telephone: () _____ Male _____ Female _____ Age Day of Race _____

_____ Adult (18 and older, w/ Tech Shirt).....	\$20.00	Registration.... \$_____
_____ Student (17 and under, w/ Tech Shirt)	\$15.00	Optional Shirt..\$_____
_____ WSHS Student Discount (no shirt)	\$10.00	Total = \$_____
_____ After April 20 & Race Day Registration Fee (no shirt).....	\$25.00	
_____ Optional Race Shirt (Only Preregistration guaranteed).....	\$10.00	

Sizes: Adult- S M L XL XXL (add \$2) Youth- S M L Checks Payable to "Wolfpack Varsity Club"

Awards: The top 3 male finishers and top 3 female finishers will win medals. Medals will also be awarded to the top finishers in these categories: 11 and under, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+. No Duplicate Awards. Top finishing male and female WSHS sports team will also receive a medal (5 member teams).

Refreshments: Available for runners.



Timing: Race will be chip timed.

Contact: Stephen Shuttters: sshuttters@asd.k12.p.us or by mail at 178 Wolf Drive, Rural Valley, 16249.

Course: The course is used by WSHS for home meets and consists of rolling hills, fields, grass, dirt and woods.

Waiver: I know that running [volunteering for] a cross country race is potentially a hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. 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 attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Armstrong School District, and West Shamokin Jr.-Sr, High School, all event 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. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing

Participant Signature: _____ Date: ____/____/____

Parent Signature (If under 18): _____ Date: ____/____/____

Online Registration @ <https://runsignup.com/Race/PA/RuralValley/WSHSRuntheSwamp5K>