

Yes, I would like to enter the 5K Run!

- ☐ \$25/cost of the 5K Run-Walk (includes shirt) through April 17, 2019
- ☐ \$30/cost of 5K Run-Walk (shirt cannot be guaranteed) after April 17, 2019.

_____ Yes, I want chip timing

_____ No, I don't need chip timing, I'm walking

- ☐ Free/1 Mile Accessible Walk

Name _____ Sex: M or F

Circle shirt size: S M L XL 2X 3X 4X

Youth sizes: YS YM YL

Address: _____

City _____ State _____ Zip _____

Email _____

Emergency Contact Name/Phone # _____

Waiver (Must be signed)

I hereby waive all claims against Helen Davis PTO, volunteers & anyone connected with the event from any & all responsibility regarding any injury that I may incur as a result of my participation in the 5K Run/Walk. I understand that first aid will be available, but Helen Davis School is under no obligation to provide free medical treatment other than basic first aid. I understand that I am participating at my own risk including running in traffic, obeying all traffic laws, contact with other runners, affects of the weather, street conditions, & potential injuries. Further, I hereby grant full permission to any and all of the foregoing to use my photograph, video or any other record of the event for legitimate purposes—including photographs that may be posted on social media websites (i.e. Facebook)

Signature _____

Date _____ Age on race day _____

Parent/Guardian Signature (if under 18 years)

You may register at
<https://runsignup.com/Race/MO/SaintJoseph/5khuskyrun>
with your credit card

Keep updated via Facebook
'Like' our page:
[@5KHuskyRunWalk](#)



Tammy & Cooper finish the Husky mile.



Mailing Address/Contact information:

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9th Annual 5K Run-Walk with the Huskies



Saturday, April 27, 2019
9:30am

Phil Welch Stadium
St. Joseph, MO
Chip timing included

Schedule of Events

8:15-9:15am: Late registration & packet pick-up (*Phil Welch Stadium*)

8: 55am: Zumba warm-up.

9:20am: 1 mile fun walk & roll.

9:30am: 5K Run/Walk!

The 2019 5K Run-Walk is for all ages & fitness levels. There is something for everyone, including free children's activities!

Location/Parking: All activities will be held at Phil Welch Stadium (restrooms open). Parking available at Phil Welch/Bode Ice arena.

RAIN OR SHINE

Award Categories

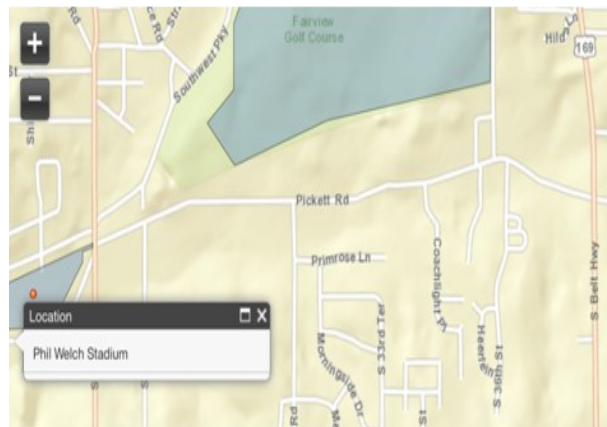
Awards provided to the top male & female finishers in the following categories:

11 & under	
12 - 15	40 -49
16 - 19	50 -59
20 -29	60 -69
30 -39	70+

Medals will be given to top 3 finishers for all age groups. Trophies provided to overall male & female winners.

Course

5K Run/Walk will start & finish at Phil Welch Stadium. The race will proceed through the Southwest parkway over the old trail bridge (Belt Highway) & return to Phil Welch. Enjoy scenic spring-time views of the beautiful Fairview golf course and parkway. Prepare to achieve your personal best on this fun, 3.1 mile course. Chip timing provided by *Show-Me Running Company*.



Registration

You may register at <https://runsignup.com/Race/MO/SaintJoseph/5khuskyrun> or by completing the paper registration. Early registration (through April 17th) ensures a shirt. Extra event shirts are available for \$13 to those participating in the free 1 mile walk & other activities.

If you would like to contribute & support our cause but you are unable to run or walk you may donate at <https://runsignup.com/Race/MO/SaintJoseph/5khuskyrun> or mail checks to Helen Davis PTO. All levels of support are appreciated! Volunteers are welcome, please call for details.

Helen Davis School Where Every Child Shines Who are you helping?



Teacher aide, Amy & student, Mackenzie are true superheroes.

Helen Davis serves students ages 5 to 21 with significant developmental disabilities in St. Joseph and surrounding northwest counties. We believe all children can learn, a person is more than his or her disability and everyone has the right to be treated with dignity & respect. Students learn authentic skills in a safe environment to be productive and integrated into their home, community, leisure and work.

All funds raised this year will benefit our accessible playground. Helen Davis PTO is a 501c3 organization supporting the unmet needs of Helen Davis School and this year we are working toward raising funds for a new rubber turf. Our goal is to upgrade our playground surface in 2020. All levels of support are appreciated to help us reach our goal of having a safe playground for recess.