

5th Annual SUPERHERO SPARC 5K



Saturday May 11, 2019

8am 5K 8:15am 1 mile 9am Kids Fun Run

7am Race Day Registration Opens

Pitman High School, 225 Linden Ave., Pitman, NJ 08071



PRE-REGISTER by WEDNESDAY MAY 8, 2019 at www.sparc5k.org (guaranteed a shirt, APRIL 26)

Or mail registration: Kids Caring Foundation to 820 Lincoln Ave, Pitman, NJ 08071

AWARDS: Overall MALE/FEMALE Runner & Top MALE/FEMALE racers for each age group

PRIZES: Fastest Super Hero in Costume, Best Dressed Individual Super Hero & Best Dressed Family/Relay

Registration Cost

- 5K - \$20 for Students, \$25 all others (Race Day \$30/\$35)
- Team/Family Relay 5K - 3 Runners - \$60 (Race Day \$65)
- 1 Mile Walk \$20 - (race day \$30)
- Kids Fun Run - \$0 with 5K Runner, \$5 No Shirt or \$10 With Shirt

**Each team member must complete registration - only one payment please.*

Name: _____ If Relay: Team Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Age: (on race day) _____ Circle - Male or Female

Please check one: 5K Runner _____ 5K Relay _____ 1 Mile Walk _____

Kids Fun Run (no shirt) _____ Kids Fun Run (with shirt) _____

If Pitman School, which school attending _____

Name of Kid's Fun Run participant's family member who is a paid 5k runner: _____

Shirt Size: No Shirt _____ Youth Small _____ Youth Medium _____ Youth Large _____

Adult Small _____ Adult Medium _____ Adult Large _____ Adult XL _____ Adult XXL _____

******* MAKE CHECKS PAYABLE TO: KIDS CARING FOUNDATION *******

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Event Director, RunSignUp.com, and all of their agents assisting with the event, sponsors, and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I certify as a material condition to my being permitted to enter this Race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

Signature _____ Date _____

(Parent/guardian signature required for participants under the age of 18)

For race info visit www.sparc5k.org

Questions – Contact Lisa McConnell, lisa@sparc5K.org