

Quad-School Super Hero 5K/1Mile Fun Run

When: Saturday, April 28th, 9:00am, Registration begins 8:00am

Where: Jennie Wilson Elementary School, 1401 Harding Avenue, Garden City

Cost for Run: Free Will Donation to promote awareness for Multiple Sclerosis in honor of Dusty Sullivan and to support Coy Anderson who has a rare form of Muscular Dystrophy.

Registration Deadline: if you want a t-shirt you must register by **April 16th** and pay for the shirt. **The shirt logo is below with the order form.**

Registration on race day will be allowed but will not include a shirt. You do not have to buy a t-shirt to enter the race/walk.

Route: 3 mile run and 1 mile fun run or walk on Talley Trail starting at Jennie Wilson Elementary.

Raffle Prizes: Tickets are a dollar each and we will also have a silent auction during the event.

Medals awarded to the top male and female in each age division:

10 and under; 11-19; 20-29; 30-39; 40-49; 50-59; 60 and over



Sponsoring schools are Gertrude Walker, Edith Scheuerman, Florence Wilson and Jennie Wilson.



Mail Entries To:
Jennie Wilson Elementary
Attn: Kathy Pool
1401 Harding Ave.
Garden City, KS 67846

Phone:
620-805-7763

Shirt Sizes: Youth – S, M, L, - Adult – S, M, L, XL are \$10 and 2X, 3X, 4X are \$12 Please mark Y for youth and A for adult in the size slot.

Name: _____ Age: ___ M F Shirt Size _____
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Name: _____ Age: ___ M F Shirt Size _____
Name: _____ Age: ___ M F Shirt Size _____

Phone Number: _____

Each person that chooses to participate in this run must have a completed entry form.

Mail completed form to address listed, or return this form to the Jennie Wilson Elementary School office between 8:00am and 4:00pm, Mon-Fri. Race day registration will be accepted.

All youth under the age of 13 MUST be accompanied by an adult unless otherwise approved by race officials.

I know that running/walking in a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in the Super Hero 5K on April 7th, including but not limited to falls, contacts with other participants, the effects of the weather including high heat and/or humidity, low temperature, traffic and conditions of the road, all risks being known and appreciated by me.

Signature _____

Date: _____

Signature of Guardian (participants under 18): _____

Date: _____