



Walk for Humanity And 5K (3.1 Mi) Race

Clyde Fant Parkway ♦ April 13, 2019 - 8:00 a.m.

Entry Fee: Pre-Registration is \$25.00 by March 31st. April 1st - April 12th is \$30.00. Race Day fee will be \$35.00.
Students - \$15.00. Children 12 and under - \$10.00. You may register with **CASH OR CHECK** made out to “The Institute for Global Outreach” and turn it in to 1024 Pierre Avenue, Shreveport, LA 71103 or Sportspectrum, 6970 Fern Ave, Shreveport, LA 71105.

Or sign up online at www.sportspectrumusa.com. Only 5K participants who check the box will be chip timed.

Packet Pick Up: Every pre-registered participant will receive an official “Walk for Humanity” 2019 T-shirt that can be picked up at Sportspectrum (6970 Fern Ave) beginning on Thursday, April 11th from 12:00 - 6:30 p.m. and Friday, April 12th from 10:00 a.m. - 5:30 p.m. and Race Day from 7:00 a.m. at the race site.

Location: Participants will meet at Clyde Fant Parkway in front of Sci-Port. The 1 mile walk will start at 8:00 a.m. and the 5k (3.1 mile) run/walk will start at 8:30 a.m. The course is an out and back on the Clyde Fant Parkway (which will be closed to traffic).

Post Event: Stick around to learn more about the Institute for Global Outreach and enjoy refreshments! You can also learn more at www.IGOCares.org.

Special Note: Under RRCA regulations, absolutely no baby joggers, strollers, bikes, skate devices.

Online Registration — www.sportspectrumusa.com

Waiver & Release

In consideration of my being admitted to enter “Walk for Humanity”, I, for myself, my heirs, and assigns, executors and administrators, do hereby forever release and discharge Sportspectrum, RRCA, Sportspectrum Race Management, NWLRA, and The Institute for Global Outreach and all sponsors, their employees and agents, of and from any and all claims or demands for damage, 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.



Official Walk for Humanity Form Saturday, April 13, 2019



Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Please Circle ONE: 1 Mile Run/Walk 5K Run/Walk *To be chip timed you must check this box* Sleep Late-Donate

I am running/walking for Team: _____

Date of Birth: ____/____/____ Phone number: _____ Sex: Male or Female

Email address: _____

T-shirt Size: (PLEASE CIRCLE) YM YL S M L XL (2XL add \$2.00) (3XL add \$3.00)

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

Parent/Guardian Signature if under 18 years old _____