

# SUPERHERO 5K AND FUN RUN

Please join us for the 4<sup>th</sup> annual Superhero 5K Run and One-mile Fun Run at Cornwall Elementary School on **September 29<sup>th</sup>, 2017**. Registration opens at 5:00 and the event will start at **5:30 pm** by the miner's statue. The cost of the event is \$15 per person (either 5K or Fun Run) and 100% of the proceeds goes directly to the Cornwall Elementary PTO in order to enhance the experience of the students, teachers, and families of the Cornwall Elementary community. The course will be run behind the school and on the rail trail, rain or shine. We want everyone to feel like a Superhero, so the event will not be timed nor will medals be awarded. We want you to PARTICIPATE and have FUN! You can run or walk and all family members are welcome to join (but we want all family members registered)! Please complete and **return this form by September 21<sup>st</sup>, if you want a t-shirt**. Otherwise, return the completed form by Thursday, September 28<sup>th</sup>, 2017. You also have the option to sign-up online this year at: [runsignup.com/Race/PA/Lebanon/CornwallSuperhero5KandFunRun](http://runsignup.com/Race/PA/Lebanon/CornwallSuperhero5KandFunRun)

**And remember the FREE family festival immediately following the event on the playground. Pizza, popcorn, and outdoor screening of "The Lego Batman" movie**

Any questions please contact Mr. Szajda @ [aszajda@clsd.k12.pa.us](mailto:aszajda@clsd.k12.pa.us) or

Jenny Szajda @ [jennyszajda@hotmail.com](mailto:jennyszajda@hotmail.com)

Name:

Address:

Phone number and Email:

Total number of participants:

Total event dollars (\$15 per participant):

\*Tech shirts will be GREEN this year with our Run Logo. **Cost is \$10.00 and checks can be made payable to: Cornwall PTO.** Payment needs to be included in order to be guaranteed a shirt.

Shirt Size: Please circle

Adult:    S        M        L        XL        2XL

Youth:   XS        S        M        L

Total number of shirts:

Optional Donation:

Total amount (event \$+shirt \$+optional donation):

**\*PLEASE READ REVERSE SIDE AND SIGN WAIVER OF LIABILITY**

## **Superhero 5k and 1-mile Fun Run Waiver of Liability**

**WAIVER:** I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on part of the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Cornwall Elementary School and the Cornwall Elementary School Parent Teacher Organization, its sponsors and advertisers, and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown.

### **I HAVE READ AND UNDERSTAND THIS WAIVER:**

(If under 18, legal guardian must sign).

\_\_\_\_\_ DATE: \_\_\_\_\_

Signature of Participant or Legal Guardian

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Print Name of Participant(s)

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