

2nd Annual
Labor Day 5K
East Knox School PTO
September 5, 2016



When: Registration 7:30 am, Race begins at 9:00 am

Where: Howard, OH

Race Contact: Rebekah Whitney (740)507-6110 / rwhitney@embarqmail.com

Cost: Participants registered by August 24th cost is \$25 includes a T-Shirt.
Registration after August 24th cost is \$25 (excludes T-Shirt).

Sign-in: Will begin at the East Knox High School Football Stadium
(23227 Coshocton Avenue, Howard, OH) at 7:30 am.

Register at www.thehaips.com/fab-timing and pay with PayPal or Entry Forms available at the East Knox Elementary and Jr/Sr/ High School Offices, East Knox School's Website, East Knox School's Facebook page and East Knox Board Office.

Refreshments after race

Come & Support Our Community Event!

All Proceeds go to: East Knox School PTO, P.O. Box 171, Howard, Ohio 43028

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ENTRY FORM

Name: _____

Address: _____

Phone Number: _____ Age _____

Email Address: _____ Gender _____

Circle Shirt Size YL YM S M L XL XXL

Participating Event: 5K Run 5K Walk

Make Checks Payable To: East Knox PTO
Mail Registration to: P.O. Box 171 Howard, Ohio 43028
Race Contact Info: Rebekah Whitney (740)507-6110

Release of Liability

I know that running/walking in a 5K race is a potentially hazardous activity. I represent that I am medically able and properly trained to participate in this event. I assume all risks associated with this event, including but not limited to, heat exhaustion, falls, contact with other participants, effects of weather, dangerous traffic conditions, etc, all such risks being known and recognized by me. I hereby agree, for myself and my heirs, assigns, personal representative, executors and administrators to waive, release and forever discharge East Knox School PTO, race directors, volunteers, and any and all sponsors, suppliers and another other personnel assisting or connected with this event, any rights, claims or demands therefore which I may have or which I may hereafter accrue to me arising out of injury to my person or my property incurred in connection with participation in this event dated September 5, 2016.

Signature _____ Date _____

Parent Signature (if under 18) _____ Date _____