DeSales Catholic School

RACE FOR FITNESS

What:

- 5K *($20 pre-registration/$25 day of registration)*
- 1 mile walk/run *($10 pre or day of)*
- Kids dash *(FREE, ages 8 and under)*

The first 200 5K registrants will receive a performance t-shirt, the first 100 1-mile walk/run registrants will receive a t-shirt and kids dash participants will receive a commemorative ribbon or medal.

Additional shirts may be on sale at the event.

Any proceeds generated from this event will benefit the DeSales Home School Association.

When:

- **Saturday, May 9, 2009**
- Kids dash starts at 8:45 a.m.
- 1 mile walk/run starts at 9:15 a.m.
- 5K starts at 10:00 a.m.

Post-race food will be available to non-participants for $3.00 each.

Where:

- **DeSales Catholic School**
  6914 Chestnut Ridge Road
  Lockport, N.Y. 14094

Visit **DeSalesCatholicSchool.org** or **Score-This.com** for registration and event information.

Sponsored By

Wegmans

Co-Sponsored By

NIAGARA COUNTY PRODUCE

Ulrich Signs

Please detach and return registration form

> Free Wegmans tote bags loaded with healthy snacks and drinks for kids and adults! *(While supplies last)*

REGISTRATION FORM

LAST NAME | FIRST NAME | M.I.

ADDRESS: NUMBER AND STREET

TOWN/CITY | STATE/PROV | ZIP/POSTAL CODE

SEX | AGE | PHONE W/AREA CODE | EMAIL ADDRESS

EVENTS

Clearly mark those that apply.
Note: one entry form per entrant per event.

- ☐ 5K $20 Pre-registration/$25 day of event
- ☐ 1 Mile Walk/Run $10 Pre-registration/day of event

T-Shirt
One per participant. Circle the size preferred.

S M L XL

Please make checks payable to:

DeSales Catholic School
c/o Race for Fitness
6914 Chestnut Ridge Road
Lockport, NY 14094

OFFICIAL RACE USE ONLY

WAIVER

I understand that participating in this event is potentially hazardous and that I should be properly trained and medically able to participate. In consideration for you accepting this entry and by signing below, I, for myself and on behalf of our successors, executors and heirs, assume full and complete responsibility for my participation in the event, and hereby forever waive, release, discharge, and indemnify DeSales Catholic School and its affiliates and their directors, officers, employees, agents and representatives, from and against any and all suits, claims, losses, costs, expenses, damages and fees now and in the future arising or relating to this event, whether caused by the negligence, action or inaction of any of the above parties.

Signature of Participant, Parent or Guardian | Date

Name, address and phone number of parent or guardian

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