



North Tonawanda City School District



Health Fair 7th Annual 5K Run/1 Mile Family Fun Walk

In conjunction with our District's Health Department, we are hosting our seventh annual 5K Run and 1 Mile Family Fun Walk. This event will be offered to our community at a very low cost. Our goal is to increase parent involvement, increase community involvement, maximize participation, and promote good community health and well-being.



When: Saturday, April 6th - 9:00 AM Start

Where: NT Intermediate School, (former NTMS building) 1500 Vanderbilt Avenue, North Tonawanda

Cost: \$5 per North Tonawanda City Resident, \$10 Non-resident

This USA Track & Field sanctioned race begins and ends at NTI and runs through Wurlitzer Park. This race course is certified. Any questions regarding this event may be directed to 807-3715.

Fee includes t-shirt for first 300 pre-registered runners & refreshments after the race. A runner's fair, family activities and door prizes will take place while times are being calculated in the school cafe. Prizes will be awarded to top three male and female runners. Male and female winners in age brackets as follows: 14 & under, 15-19, 20-24, 25-39, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. Race timing will be provided by *WNY Finish Line & Timing Services*.

Packet Pick Up: At NTI 2:30-4 PM on Friday, April 5th and beginning at 7:30AM on race day.

Payment & Registration: Checks should be made out to *North Tonawanda City School District*. Checks can be dropped off at any North Tonawanda school or mailed to: North Tonawanda Middle School, Attn: Sue Evarts, Race Director, 455 Meadow Drive, North Tonawanda, NY 14120.

Register in person or by mail. Cash or check only, please. Cash_____ Check_____ Bib#_____

Name _____ Male or Female _____ Age on race day _____

Address _____ City _____ Zip Code _____

Phone _____ Email _____ Register for: 5K _____ Fun Run _____

T-shirt size: S M L XL XXL Please read and sign liability waiver below. Parent must sign for child under 18.

I, the undersigned, understand that the North Tonawanda Health Fair 5K Run/1 Mile Family Fun Run ("the Event") sponsored by the North Tonawanda City School District ("the District"), is an athletic event that should only be engaged in by persons who are physically capable of participation. I also understand and acknowledge that my participation entails risks, including, but not limited to, serious bodily injury or death, caused by my actions as well as the acts or omissions of others.

I am voluntarily entering the Event, and I assume all risks of injury or damage to my person or property resulting in directly or indirectly, wholly or in part, from my participation in the Event. In consideration for, among other things, my being permitted to participate in the Event, I waive, release, covenant not to sue, and hold harmless the District and USATF (which is to include, for purposes of the Waiver, all of the District's agents, employees, and representatives along with USATF, its employees, directors, assigns & USATF Certified Officials) of, from, and for any and all claims, suits, or damages of any kind, in whole or in part by the District or any other person or thing at the Event even though such claim or liability may arise out of the negligence or fault on the part of the District.

I also understand and agree that any sponsor may subsequently use, for publicity or promotional purposes, picture of me participating in the Event without liability or obligation to me.

If the participant is under 18 years of age, the undersigned represents and warrants that he/she is the participant's parent or legal guardian, and has authority and knowledge to make the above representation and execute this Waiver on the participant's behalf.

Participant _____ Date _____ Parent or Legal Guardian (if participant is under 18) _____ Date _____