

Run4NortonHigh
Norton High School Parent Board's 1st 5K RUN/WALK
Sunday, May 3rd, 2009
Everett Leonard Park 6 Parker St. Norton
11:00 am rain or shine
10:30 Kid's Fun Run

- o Registration begins at 9:30.
- o Pre-registration fee \$15 (before April 24th)
- o Registration fee day of event \$20
- o Kid's Fun Run Fee \$5 (only day of event no pre-registration)
- o DJ, Marathon Physical Therapy, prizes, t-shirts, food, flat course

Overall Male and Female finishers will receive trophies.

Male and Females in the following age categories will receive medals:

Places 1st-3rd 18-under
Places 1st-3rd 40-49

Places 1st-3rd 19-29
Places 1st-3rd 50-59

Places 1st-3rd 30-39
Places 1st-3rd 60+

“Proceeds from Run4NortonHigh 5K, distributed by the Norton High School Parent Advisory Board, in partnership with NHS administration/staff, will be used to support and enrich high school programs and experiences.”

To register by mail, fill out the form below and mail it with your check.

Print out one copy per entrant. Please sign at the bottom.

T-shirts guaranteed to pre-registered participants. Sizes based on availability.

Questions contact: run4nortonhigh@comcast.net.

Mail –In Registration Form
Run4NortonHigh 5K Road Race
Make Checks Payable To: Norton High PAB

Mail Entry To: Kathy Twitchell Run4NortonHigh
64 West Main Street Norton, MA 02766

Name: _____

Address: _____

City: _____

State: _____ **Zip:** _____

Age on Race Day: _____

Gender: Male _____ **Female** _____

Waiver Must Be Read and Signed Before Mailing:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Town of Norton, Norton High School, Norton High PAB, all sponsors, their representatives and successors from all claims of liabilities of any kind, including any claims arising out of negligence of the to aforementioned parties, arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose.

Signature: _____ **Date:** _____

Parent's Signature if under 18: _____