

Highland High School 5K In May

May 13, 2017



Benefits the Leukemia and Lymphoma Society of North East Ohio

Start Time: 9:00 am

Where: Highland High School, 4150 Ridge Road, Medina, Ohio 44256

Course: Around the campus of the Highland Athletic Stadium, High School, and Granger Elementary. This course will include pavement, grass, and gravel. The course will end on the football field. Please no spikes.

Awards: Awards will be given to the top 3 overall finishers, the top in each the top 3 in each age group. Age groups are: 8th grade and under, Grade 9, 10, 11, 12, 19-29, 30-39, 40-49, 50-59, 60+

Registration: Pre- Registration \$10.00, Race Day Registration \$15.00. Pre-Registration Forms can be mailed to Highland High School, 4150 Ridge Road, Medina, OH, 44256; Attn: 5K Fun Run. Race Day Registration begins at 7:30 a.m.

T-shirts: T-shirts to the first 100 registered participants. Contact Race Director: Andrew Lynden at alynden@highlandschools.org

Mail the following form and check to: **Highland High School, 4150 Ridge Road, Medina, OH, 44256, Attn: Highland 5K.**

Name: _____ Age or grade on race day: _____ Gender: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Shirt Size: _____ Youth Large Small Medium Large Extra Large

Race waiver for above specified event: I know that running is potentially a hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of weather including high heat or humidity, traffic and the conditions of the road, and trail, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades, animals, are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry I, for myself and anyone entitled to act on my behalf, waive and release the Highland Local Schools, race directors, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arrive out of negligence or carelessness on that part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Parent or Guardian must sign for participants under 18 years of age.

Signature: _____

Date: _____

Parent/Guardian: _____

Date: _____