



ALL PARTICIPANTS COME IN YOUR FAVORITE COSTUME!!!

# SHS 2019 SPARTAN 5K

**SATURDAY, MAY 11, 2019 – 9 AM (CHECK IN 8:15AM)**

**THE ANNUAL SPARTAN 5K WALK | BIKE | RUN!**

Please return this completed form and signed waiver to the School Office by **APRIL 26<sup>th</sup>**!

### SPARTAN 5K PACKAGES:

**PACKAGE 1** – STUDENTS UP TO 8<sup>TH</sup> GRADE - \$10

**PACKAGE 2** – HIGH SCHOOL STUDENTS - \$12

**PACKAGE 3** - PARTICIPANTS 18 YEARS AND OLDER-\$15.00

**Name of Participants:** \_\_\_\_\_

**Number of Participants:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT FOR THE DURATION OF THE WALK | RUN | BIKE**

### FAMILY WAIVER

I, \_\_\_\_\_, hereby release, waive, hold harmless and covenant not to file suit against Sacred Heart School and township of Melrose Park and any affiliated entities, sponsors or individuals associated with the Spartan 5k Walk/Bike/Run event, on behalf of myself and my family. I understand that by signing this waiver, I am giving up any claim for losses, damages, liabilities or claims for any damages, personal injury, death, or property loss as a result of participation in the Spartan 5k Run | Walk/Bike event. This release and waiver shall bind my guardian, heirs, assigns, administrators and executors. I agree that, in the event, any person brings a claim or action on my behalf as a result of any injury or loss suffered by me as a result of my participation in Spartan 5k Run/Walk/Bike event that I will indemnify any and all parties, including payment of attorney fees.

AGREEMENT. I understand that by signing this agreement that the entry fee for the race is nonrefundable. I understand that I must follow the rules of the road race as set out in the race rules and that if I do not follow those rules, that I may be removed from the race. I acknowledge that there are inherent risks and dangers posed by participating in a Running/Walking/Biking event and that I assume all such risks. I give permission to Sacred Heart School and their sponsors to use my photograph, videotapes or other recordings of me that are made during the course of the event, including their website and social media.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**3 BIKES WILL BE RAFFLED OFF, EACH PAID PARTICIPANT WILL RECEIVE A RAFFLE TICKET  
YOU WILL RECEIVE A SPARTAN SLINGBAG WITH GOODIES INSIDE.  
MEDALS WILL BE AWARDED FOR 1<sup>ST</sup> 2<sup>ND</sup> AND 3<sup>RD</sup> PLACE IN ALL THREE CATEGORIES.**