

Clearwater High School FCCLA

6th Annual Superhero 5K Run/Walk

1 Mile Kids Fun Run

Saturday, April 30, 2016

Proceeds to Benefit FCCLA Scholarship

When:

Saturday, April 30, 9:00 a.m. /Fun Run following the 5K

Where:

Clearwater Elementary School, 825 N. Main, Piedmont, MO

Course:

5K Walk/Run flat and fast. Start and Finish at Clearwater Elementary parking lot. Includes a scenic run around Piedmont's walking trail.

Registration and Fees (non-refundable):

Early registration \$20 (Before April 15) April 16-Race Day \$25, 1 Mile Kids Fun Run \$10 (Before April 15) April 16-Race Day \$15. Race Day registration 8:00 a.m.-8:45 a.m.

Awards:

Trophy to the top overall male and female, medals to top 3 in each age division. One best dressed superhero from the 5k and one from the fun run will receive a superhero goody bag, and all participants registered by April 15 are guaranteed a t-shirt on race day.

Age Categories:

Male and Female: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60 and over. 1 Mile Fun Run: 6 and under, 7-9, 10-12

Superheroes:

We encourage all participants to dress up to run as superheroes. Go all out! Best dressed superheroes will be determined by FCCLA officers.

Piedmont 5K Entry Form-Please return form and payment to Clearwater High School, Rt 4 Box 1004, Piedmont, MO 63957 Attn: Christy Johnson

Make checks payable to: Clearwater High School

Name _____ Age on Race Day _____

Address _____

City/State/Zip _____ Phone _____

Email Address _____

Gender _____ T-shirt Youth: S M L Adult: S M L XL XXL

I understand that off road running and road racing can be a hazardous sport or recreational event. In consideration of the foregoing I, for myself, my heirs, my executors, administrators, and assigns do hereby release and discharge Clearwater High School, the City of Piedmont, all co-sponsors, the race director, or any of the race workers from all claims of damage demands, actions and causes of actions whatsoever, in any matter arising or growing out of this event. I verify that I am physically fit and trained to enter this event.

Signature

(Parent/Guardian Signature if under 18)

Date