



5K Fun Run/Walk & Pancake Breakfast

October 8, 2016

8:00 AM Start Time

9:15 AM Kids Fun Run

COST & PURPOSE

- \$15 Students
- \$20 Adults

Please come join the fun and show your support for Willowcreek Middle School. The proceeds will help facilitate our Pride Time Program, Activities Programs and School Facilities. It is our goal to provide our students the very best education and we thank you for being part of our success this year.

EVENT HIGHLIGHTS

- 5K T-shirt
- Racing Prizes to top 3 finishers
- Free Pancake Breakfast (\$1 to non- participants)
- Kids Fun Run Race (No registration necessary)

PACKET PICKUP & LATE REGISTRATION

Race packets will be available on Race day in the Gymnasium starting at 7AM. Please enter in through the main doors.

*Late registration will be available on race day until 7:30am

SCHOOL & CLASS COMPETITIONS

Class Competitions: Each student and/or family member that is registered will be counted toward the A4 class total.

The top three classes with the most registrants will receive rewards for their individual classes.

1st Place: Pizza Party

2nd Place: Root Beer Floats

3rd Place: Ice Cream Sandwiches

Grade Competitions: Students registered will also be counted for their grade, (7th - 9th). Grades will be eligible for treats, early lunch & hat day if participation reaches 20%, 30%, and 40% respectively. If any grade reaches 40% participation rate, registered students for that grade will receive a catered lunch.

Official Entry Form – Cut out and bring payment to Ms. Broadhead in Financial Office

Last Name _____ First Name _____

Address _____ City _____ Zip _____

Sex: Male Female Date of Birth _____ Age _____ Phone _____

Email _____ A4 Teacher's Name _____

Shirt Size (Adult Sizes): S M L XL XXL (additional \$2) Payment: \$15 Student \$20 Adult
 Cash or Check (Please make Checks payable to WMS)

In consideration of participation in the Willowcreek 5K, I hereby, for myself, my child who is a juvenile, and our heirs, do waive and release any and all rights and claims for damages I or my child have against Alpine School District, other sponsors or coordinators to this event, any race officials, volunteers, any law Enforcements or public officials, Lehi City and Willow Park, for any and all injuries suffered by myself, my child or any member of my family, going to, coming from, or while at the Willowcreek 5K. I acknowledge that running and walking are physically active sports that have some inherent risks to the participants. They are done on a hard and sometimes slippery surface with other individuals whose actions cannot always be controlled or predicted. Possible injuries associated with running and walking include but are not limited to: leg/arm breaks, wrist/ankle sprains, ligament/cartilage tears. I hereby certify that I have read this waiver and recognize that there are risks involved with running and walking.

As the Parent/Guardian of _____, I assume those risks. I understand and acknowledge that Alpine School District does not provide accident and medical insurance for the participants in this activity. I further state I, my child and all members of my family are covered by adequate accident and medical insurance.

Signature _____ Date _____