* 5K GLOW RUN & WALK * Friday, October 26th, 2018

Start & Finish at the CGD Football Field / Track

Race route will remain on the Northeast side of town

6:30pm - Pre-Race Activities (Includes Zumba & Drumstick Fitness)

8:00pm - Race Time

Rain or Shine!

(In the event of rain, race and all activities will be moved into the CGD Elementary and Middle Schools.)

An obstacle course will be available for children in grades Preschool – 8th for an additional charge of \$5 for unlimited play.

Proceeds from this event will benefit the following organizations:

Meals from the Heartland; local Salvation Army; Feed My Starving Children;

Mary's Place for the Homeless; Sharing & Caring Hands; & Veterans Honor Flight.

*PLEASE COMPLETE ONE FORM W/ WAIVER PER RUNNER / WALKER

Runner / Walker Name:				_
Address:				
Phone:			Age:	
Race Cost: (circle one)	\$5 Student	\$10 Adult	\$35 Family Max	
Total Cost:	(Checks payable to "CGD Schools")			
*Mail forms and payment to:	CGDMS Peer Helpe	ers; c/o Margaret A	skelsen; 319 3 rd Ave NE; Clarion, IA 50)525

Waiver: The undersigned fully understands and acknowledges that there is risk of injury from participating in this event. These risks may include the potential for serious injury or death. Based upon an understanding of the inherent risks of this activity, I assume full responsibility for any risk of loss, property damage or personal injury that may be sustained by myself or my child as a result of participating in this activity. In consideration of your acceptance of this entry, I hereby, for myself, my child, executors and administrators, waive any and all rights and claims for damages I may have against individuals associated with the CGDMS Peer Helpers 5K Glow Run & Walk and its additional activities at the Clarion-Goldfield-Dows Community School District – all sponsors, officials, representatives, successors, and assignees – for any and all injuries suffered by myself and/or my child during, because of, or in travels to and from said event. I attest and verify that I have full knowledge of the risk involved in this event and am physically fit and sufficiently trained to participate in the event on Friday, October 26th, 2018.

- * Waiver is mandatory. Forms submitted with unsigned waivers will not be processed.
- * No refunds for any reasons.