

# OLD FORT BOISE DAYS

## 5K Run

**Saturday**  
**June 13, 2009**

**Time: 8:00 a.m.**

**Pre-register by: 6/3/09**

Proceeds will benefit the Parma High School Cross Country Team.

Entry fees (No Refunds):  
\$10.00 for pre-registered runners  
\$15.00 for race-day registration

The race will begin at the High School, go North on Parma Rd, Left on Ditch Bank Rd, Left on U of I lane, Left on Walker, Right on 8th to Finish back at the High School.



Registration

To Register:  
Email:  
sbeck@parmaschools.org  
Or visit  
www.parmaschools.org  
Mail:  
PHS C/O Susan Beck  
137 Panther Way  
Parma, ID 83660  
Day of the Race:  
7:00 a.m. at the High School

For more information call:  
Susan Beck  
965-3232  
or contact the Parma High School  
Office at 722-5115 Ext. 3

Waiver: I know that running/walking a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running/walking in this event, including, but not limited to falls, contact with other participants, the effects of weather, traffic and the conditions of the road all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the State of Idaho, the City of Parma, Canyon County, the Parma School District, and all sponsors, contractors, and volunteers, 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 arise out of the negligence or carelessness on the part of the persons named in this waiver. I also understand that my entry fee is non-refundable. A parent must sign if the child is under 18 years of age. This certifies that the child has permission to participate and agrees to the previously stated waiver.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

T-shirt Size: S      M      L      XL

Signature \_\_\_\_\_

Date \_\_\_\_\_

Sex \_\_\_\_\_

Age on race day \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_

Date \_\_\_\_\_