

OLD FORT BOISE DAYS

5K Run/Walk

Saturday
June 11th, 2011

Time: 8:00 a.m.

Pre-register by: June

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. 1411

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 _____