

Midlakes Invitational Move to Improve Open 5K

Where: Midlakes HS Cross Country Course

When: October 6, 2018 @ 8:15am

Registration: Begins at 7:15 am

Entry Fee: \$10 per runner or **\$50 team fee for schools who are entered in both Varsity and JV races and would like to give their extra athletes a chance to run the course in this open format. Team fee allows unlimited boy and girl entries. This opportunity is for additional athletes that could not be entered in the JV races.**

Cash or Checks payable to Midlakes Running Boosters with Move to Improve in the Memo.

High School team entries for the open race will be done through yentiming.com. Look for the Midlakes Open Race in your coach account. Online Entry Deadline is Thursday 10/4 @8:00pm

Individual entries will use the form below and register on race day at the finish area.

Top 5 finishers will receive t-shirts

NAME: _____

M/F _____

Medical/Insurance Waiver and Parent Consent:

I hereby give my consent for the above named participant to participate in the Move To Improve 5K. I understand that participation in running and other activities involve a risk of injury or harm. All risks are being assumed knowingly and voluntarily. I will not hold Phelps-Clifton Springs School District, any of its employees and the varsity staff or volunteers responsible for any injury or harm that result from the participation in the Move to Improve 5K. I hereby acknowledge that I have the appropriate medical/accident insurance coverage on myself and/or participating child. My child/ or myself are in good health and have no physical condition that will prevent him/ her or myself from participation in the Move to Improve 5K. I authorize the varsity coach or attending EMT to administer first aid and to seek medical attention if needed in case of emergency.

Signature: _____ Date: _____

Parent/Guardian signature if under 18: _____

In Case of Emergency Call : _____ Phone # _____

Please make checks payable to Midlakes Running Boosters with Move to Improve in the Memo or cash.