



Second Annual 5K

Online Registration Available

<https://runsignup.com/Race/CO/Thornton/RockyTopMiddleSchool5k2016>

Kick off Grizzlies Give Back Week by joining us for this opportunity to RUN, WALK or HIBERNATE in support of community families in need! This fun community event is a fun way to exercise with a great group of people. Each registration comes with a FREE t-shirt and we'll have music, raffle prizes, and medals for age group winners so don't miss it!

Saturday, April 30 at Rocky Top Middle School

14150 York St Thornton CO 80602

9:00 am start

Check in beginning at 7:45

Registration Information: \$25 if you sign up before the race. \$30 on race day. Sign-up by April 22, to ensure a t-shirt. Please make checks payable to Rocky Top Middle School/5k Run, or pay online.

Mail/drop registration to Rocky Top Middle School, 14150 York St, Thornton CO 80602.

Race packet pick up: Friday April 29th 4-6 pm.

REGISTRATION



Runner #1

Name: _____

Shirt Size: Adult XS S M L XL 2XL

Gender: M F

RTMS Student: Yes No

Age: 0-10 11-14 15-20 20+

I'll be hibernating and not running.

Address: _____

City,Zip: _____

Phone: _____

Email: _____

Runner #2

Name: _____

Shirt Size: Adult XS S M L XL 2XL

Gender: M F

RTMS Student: Yes No

Age: 0-10 11-14 15-20 20+

I'll be hibernating and not running.

Were you referred by a staff member to participate? If so, who _____

Runner #3

Name: _____

Shirt Size: Adult XS S M L XL 2XL

Gender: M F

RTMS Student: Yes No

Age: 0-10 11-14 15-20 20+

I'll be hibernating and not running

Runner #4

Name: _____

Shirt Size: Adult XS S M L XL 2XL

Gender: M F

RTMS Student: Yes No

Age: 0-10 11-14 15-20 20+

I'll be hibernating and not running.

Runner #5

Name: _____

Shirt Size: Adult XS S M L XL 2XL

Gender: M F

RTMS Student: Yes No

Age: 0-10 11-14 15-20 20+

I'll be hibernating and not running.

*In consideration of the acceptance of my entry I, the undersigned participant, for myself, my family members, heirs, administrators, personal representatives, successors and assigns hereby fully release, discharge and hold harmless Rocky Top Middle School, the City of Thornton, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the 5K Run even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I assume all risks associated with running, but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the track and traffic on the course, all such risks being known and appreciated by me. I represent by my application for entry that my physical condition is adequate to compete safely in the 5K Run. I understand no headsets, dogs, or skates are permitted on run routes. Additionally, I hereby allow Rocky Top Middle School to use photos that may include anyone listed on this registration form taken at the event. I hereby certify that I have fully read and understand the foregoing release, waiver and covenant not to sue and sign it voluntarily.

Print Name _____

