

SERGEANT BLUFF-LUTON PTO'S

POUND THE PAVEMENT



5K RUN

COURSE

The Pound the Pavement 5K Run/Walk course is a flat, accurate course starting at the Sergeant Bluff-Luton Primary Building and ending at the Sergeant Bluff-Luton Elementary Building.

NAME

M F

MALE OR FEMALE (circle one)

AGE ON RACE DAY

BIRTHDATE (dd/mm/yy)

MAILING ADDRESS

CITY & STATE

ZIP

HOME PHONE

CELL

E-MAIL ADDRESS

CLUB OR AFFILIATION

PLEASE CHECK ONE:

- 5K RUN
 5K WALK
 10U 1 MILE KIDS FUN RUN/WALK

DISCLAIMER:

I know that running a road race is 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 race official relative to my ability to safely complete the run. I assume all risks associated with running in the event included, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the condition of the road, all such risk being known and appreciated by me. Have read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself, and anyone acting on my behalf, waive and release the Sergeant Bluff-Luton Community School District and

WHEN:

Saturday, May 1, 2010

7:45am - Packet Pick Up

8:30am - 5K Start Time

To Follow 5K - 10U 1 Mile Kids Fun Run/Walk

WHERE:

Sergeant Bluff-Luton
Primary School
Sergeant Bluff, IA 51054

all other sponsors, 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 negligence or carelessness on the part of the persons names in the waiver. I further agree not to run with any earphone headsets on. I understand that insurance regulations prohibit wheeled vehicles, excluding wheelchairs, but including bicycles, skateboards, etc.

SIGNATURE

DATE

PARENT'S SIGNATURE (if under 18 years of age)

DATE

COSTS

Entries postmarked by **April 15, 2010**

\$15.00 - 5K Fun Run/Walk

Free - 10U 1 Mile Fun Run

Entries postmarked after **April 15, 2010**

\$20.00 - 5K Fun Run/Walk

RACE DAY REGISTRATION ALLOWED, BUT RUNNERS ARE NOT GUARANTEED A BANDANA.

Make checks payable to:

Sergeant Bluff-Luton PTO

Mail completed application to:

SBL PTO

PO Box 795

Sergeant Bluff, IA 51054

RACE PACKET PICK UP

Pre Race Day - Friday, April 30, 2010 at Bluff's Area Family Center, 901 Topaz Drive, Sergeant Bluff, IA from 12:00pm - 5:00pm

Race Day - May 1, 2010 at Sergeant Bluff-Luton Primary School from 7:45 am - 8:15 am


FOR MORE INFORMATION CALL

Melisa Schager @ 712-490-7923

Race Director - 5K Fun Run/Walk & 10U 1 Mile Fun Run

sblgirlygirl1@yahoo.com

*All proceeds from this event will go to the
Sergeant Bluff-Luton PTO Playground Equipment Fund*

 Online registration available @ www.allsportcentral.com