

# Run With Rocky 5K & 1K Run/Walk

Saturday, May 13, 2017, 8am

VanArsdale Elementary

7535 Alkire St

Arvada, CO 80005



ONE PARTICIPANT PER FORM:

5K Run/Walk \_\_\_\_\_

1K Kid's Run/Walk \_\_\_\_\_ Kids may run both 5K & 1K. Register for 5K only.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email address: \_\_\_\_\_

Sex: M F School Grade: K 1 2 3 4 5 6 or \_\_\_\_\_

Age on race day: 13-15 16-19 20-29 30-39 40-49 50-59 60+

### RUN WITH ROCKY ENTRY FEES

Adult (Age 18+) \$25 Student \$15 Team of 4 \$40\*\*

\*\*Each participant must complete a form, please staple forms together.

5K/1K participants receive a T-shirt, supplies are limited. Please indicate size:

YM YL AS AM AL AXL

No shirt, please check \_\_\_\_\_

### WAIVER FOR RACE PARTICIPANTS: Please read and sign below.

I realize that running is a potentially hazardous activity. I should not enter or run unless I am medically able or 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 in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself, and anyone entitled to act on my behalf, waive the release of all 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 named in this waiver. I also understand that photos will be taken during this event. By signing below, I give permission of images of myself to be used to celebrate the event and publicize this event in the future.

Date \_\_\_\_\_

Signature (Parent or Guardian if under 18)

### RETURN OR MAIL ENTRY FORM AND CHECK FEE BY May 11, 2017:

Make check payable to VanArsdale PTSA

VanArsdale Elementary PTSA, Attn: Run With Rocky, 7535 Alkire St, Arvada, CO 80005

PACKET PICKUP, ON RACE DAY. SATURDAY, May 13. 7 am – 7:45 am

Run With Rocky 5K & 1K Run/Walk is a PTSA sponsored event.



## Relax with Rocky

or

## Community Vendor Support

Relax with Rocky Donation \$ \_\_\_\_\_

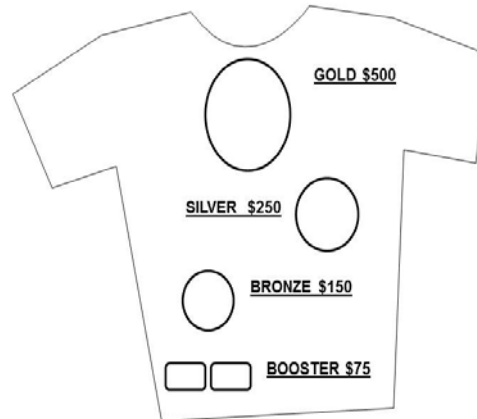
(Amount is up to you)

Community Vendor Sponsorship \$ \_\_\_\_\_

Your name: \_\_\_\_\_

Phone number: \_\_\_\_\_

- We can't do this without community vendor support.
- Know a vendor who can donate this or that for goody bags or race morning snacks?
- Know a community partner who can provide financial support to offset our event costs?
- Please fill out the form and return it to the front office, Maryann or Rosa will call you. Maryann Roth at 720-579-5177 or Rosa Kougl at 303-570-3040.



## Mark your calendars for our 11<sup>th</sup> Annual Run with Rocky 5k/1k!

### May 13

### 8am

We're hoping for great weather!

- In line with "Sustain Arvada" in the month of May, we are going cup free, helping to create a sustainable community. No trash.
- We invite you to pack your own fluids – bring your own portable water bottle from home and come out and run with us!
- This is a perfect way to prep for your field day activities – sign up today!
- Limited supply of cotton shirts. First come first serve.
- Interested in volunteering. Please contact Maryann Roth at 720-579-5177 or Rosa Kougl at 303-570-3040!