

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

Saturday, May 14, 2016, 8am

VanArsdale Elementary

7535 Alkire St

Arvada, CO 80005



## In need of volunteers...

- Early bird parking lot attendant, 6:30am Individual at the entrance of the parking lot so only racers use the lot, not the softball players.
- Caboose – volunteer to be the last person in the pack to make sure every runner is in. This year the race starts at 8am.
- Traffic Marshalls. A person posted at the corner of Beech St and 72<sup>nd</sup> Ave. A person posted at the corner of Eldridge St. and 72<sup>nd</sup>.
- Chip tag clippers – 2 helpers.
- Ribbons. 2 people to hand out ribbons to the little 1k runners.
- Clean up/tear down crew.
- Please call me. I cannot do this without your help. ☺ Rosa Kougl – 303-570-3040.

## Mark your calendars for our 10<sup>th</sup> Annual Run with Rocky 5k/1k!

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!
- Let's beat the heat! Start time of 8am this year. **Run at 8am**, done by 9am! Then off to other activities we all have on our Saturday list!
- This is a perfect way to prep for your field day activities – sign up today!
- We sure could use a show of support from our community. Know a vendor that would like to support us? Let's talk – I want to hear from you.
- This event is always made possible by the volunteers! Have some time on Saturday morning; set-up, clean-up, etc? Let me know!
- **Limited supply of cotton shirts. First come first serve.**
- Please call me with questions, ideas, or to help, ...I can't do this without you. Rosa Kougl – 303-570-3040.

### ONE PARTICIPANT PER FORM:

5K Run/Walk \_\_\_\_\_  
1K Kid's Run/Walk \_\_\_\_\_ Kids may run both 5K & 1K. Register for 5K only.  
Relax with Rocky Donation \$ \_\_\_\_\_ (Please see below for check information)

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 or RELAX 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, 2016:

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 14. 7 am – 7:45 am

For additional information or questions please contact Rosa Kougl at 303-570-3040.

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