Heritage Middle School

Race To The Top 5K

**Benefitting the Students of HMS**

Grab your family and lace up your walking/running shoes.

It’s time for the 3rd Annual HMS Race to The Top Walk/Run 5K. All proceeds will go Heritage Middle School.

**Saturday May 19th**

**9:00 am SHARP: 5K Run or 5K Walk Race**

**10:15 am: Age 10 and Under Fun Run**

**Event Course:** Race will begin in the HMS Bus Circle, continue west on Union Avenue to Temple Hill Academy and back to HMS.

**10 and Under:** At 10:15 am, we will also be hosting a fun run for our little ones on the back field of HMS.

The course will encompass one lap around the HMS field. Medals will be provided to all the children that compete.

All children 10 and under choosing to participate in this event must register as well. T-shirts will be provided!

**Event Parking:** Parking will be available in the HMS Main Parking Lot and across the street at San Giacomo Park.

Parking will be available at a first come, first serve basis. Post race refreshments will be provided

**Entry Fees: ~** ALL NECSD Students/ children 10 and under: $10.00

~ Adults: $20.00

**T-Shirt Pick Up:** Friday, May 18th during 8th period in Mr. Marino’s room (109) or on race day.

T-Shirts will be included with each entry, but are only guaranteed to those registered by Tuesday, May 1st.

You can register up until race day, but no T-shirt will be provided after the May 1st deadline.

PLEASE COMPLETE THE FOLLOWING APPLICATION AND return it to Mr. Marino in Room 109 or Ms. Toback in 104

Applications are due by **Tuesday, May 1st .**

**Please complete all info below:**

**Name Age Grade Shirt Size (YS, YM, S, M, L, XL, XXL)**

**1.**

**2.**

**3.**

**4.**

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| **CHECK PAYABLE TO: Heritage Middle School PTO**  **MAIL TO: Heritage Middle School 5K Race**  **405 Union Ave, New Windsor NY 12553**  **(or deliver in person to Mr. Marino –Room 109)** | **TOTAL PAID** |  |
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In case of emergency: Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

or : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW

I, individually and on behalf of my minor child(ren), know that running/ walking a road race is potentially hazardous activity. I will not enter and participate unless I, and my minor child(ren) are medically able and properly trained to perform in this event. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but no limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and my children, waive and release the NECSD, the Town of New Windsor, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation or the participation of my children in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

In the event of an injury (if I am not present), I agree to allow my child(ren) to be transported by ambulance

to a local hospital. Event personal will make reasonable effort to contact the parent or person

listed as the Emergency Contact to make them aware of the injury.

**Signature** (parent or guardian required if under 18) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_