

# NORTHWEST TWILIGHT GLOW RUN

Friday, August 12th, 2016

Fun Run and 5K Walkers Start at 8:30pm

5K Start at 9:00pm

Mail this entry form with your entry fee to the address below:

Full Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone (\_\_\_\_) \_\_\_\_\_

E-Mail \_\_\_\_\_ Age \_\_\_\_\_

Male Female (circle)

## T-Shirt size (circle one)

Youth: S M L

Adult: S M L XL XXL

## Race (circle one)

Friends and Family 1 Mile Fun Run

5k Walker

5k Glow Run

## Age Division (circle one): ONLY FOR THE 5K Run

Middle school and under

High School

HS Graduate-30

31-49

50+

## Participants sign waiver below

**Waiver: by its nature, participation in athletics includes a risk of injury which may range in nature from minor, to long term, or even death. Although serious injuries are not common, it is impossible to eliminate the risk.** Participants can and have the responsibility to help reduce the chance of injury. Runners must obey all safety rules. Northwest High School does not screen applicants for illness, injury, allergies or other medical conditions which would prevent or limit the participation by the applicant in this event. It is the responsibility of all participants and the parents or guardians of each applicant under the age of 18 to determine his or her fitness to participate in athletic or recreational programs. By signing this permission form, I acknowledge that I have read and understand the above Warning. I acknowledge that I do not know of any medical condition which would prevent or limit the participation of this applicant in athletics or this event. I, on my own behalf, and behalf of this applicant, hereby release Northwest High School and its employees, agents and representatives from any financial responsibility or liability arising from injury to this applicant in connection with his or her participation in this event including injury resulting from negligence (other than gross negligence) of employees, agents or other representatives of Northwest High School.

Signed \_\_\_\_\_ day of \_\_\_\_\_ 2016 \_\_\_\_\_

(participant's signature)

If runner is under 18: Parent/Guardian \_\_\_\_\_

**Entry fee is \$20.00 due by Thursday August 4th. You can still register after this date to run, but will NOT receive a t-shirt. Packet Pickup @ Northwest Track Friday, August 12th 7:30-8pm**

Make check to "Northwest Cross Country"

Mail Entry Form and Fee to :

Kristen Welch

2710 N. North Rd

Grand Island, NE 68803

Questions, email: [kwelch@ginorthwest.org](mailto:kwelch@ginorthwest.org)