



Wildcat Wellness

5K Run-Walk-Ride 2016

When: Saturday, September 24, 2016

Time: 8:00-8:45 a.m. registration and T-shirt pickup

9:00 a.m. race starts (staggered start-runners, walkers, bikers)

Place: Hazel Green Rec Park

Cost: \$20.00 per person/ kids 12 and under \$10.00

-Entry into the race gets you a T-shirt and entered into a post-race prize drawing. Shirts will only be guaranteed to those that are signed up before September 10th.

-This event will not be timed, but a time clock will be present at the start and finish of the race.

-A water station along the route and post-race refreshments will be available.

-Proceeds from the Wildcat 5K will benefit the Wildcat Wellness Fund.

-T-shirts will be available for pick-up the day before the race from 3:30-5:30 at the Southwestern High School.

Make checks payable to: Wildcat Wellness Fund

Mail to: Laurie Runde 2360 Hyview Rd Cuba City, WI 53807 or registration form and payment may be dropped off at the high school office

Name: _____ Age: _____

Address: _____

Phone: _____ Email: _____

I plan to run _____ walk _____ bike _____

T-Shirt Size Youth S _____ M _____ L _____ Adult S _____ M _____ L _____ XL _____ 2XL _____

I would like to give an additional donation to the Wildcat Wellness Fund \$ _____

Waiver statement

I hereby declare, assert and affirm that participation in the Wildcat Wellness 5K Run-Walk-Ride is done having voluntarily and knowingly assumed ALL RISKS involved in this Special Event. In consideration of acceptance of this contract allowing my participation in the above stated Special Event and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators and assigns, WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above stated Special Event, specifically Southwestern Wisconsin School District, their respective employees, agents, representatives, successors and assigns, for any and all activities connected with the above Special Event. I also understand that I do hereby WAIVE any and all rights or benefits for any injury incurred as a result of my participation in this event if I disregard the posted route.

Participant (or parent if under 18) must sign _____ Date _____

