

BEAT THE HEAT KNIGHT 5K RUN/WALK EVENT WAIVER

PLEASE READ CAREFULLY BEFORE SIGNING BELOW

I know that running/walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I hereby certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running/walking race, I, for myself and anyone entitled to act on my behalf, waive and release Higley Unified School District, its officers, director, coaches, agents, volunteers and employees 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 grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

I understand that bicycles, skateboards, inline skates and scooters are not allowed in this event and I will abide by this guideline. Baby Joggers, Strollers and wagons are allowed.

(Participant)

Print Name: _____

Signature: _____

Date: _____

Age on Race Day: _____ D.O.B. _____

(Parent or Legal Guardian for Persons under age 18)

Print Name: _____

Signature: _____

Date: _____

Relationship to Minor: _____



Higley High School Cross Country Team

Please direct all questions to

Coach Idleman

and/or

Coach Schell

4068 East Pecos Road

Gilbert, AZ 85297

Coach Bryan Idleman

480-279-9774

bidleman@husd.org

Coach Kristen Schell

480-279-7482

kschell@higleyhigh.husd.org



Higley High School Cross
Country Team presents



**The 3rd Annual
Beat the Heat
Knight 5K
Run/Walk
August 21, 2009
7:00 PM**

Higley High School Cross
Country Team presents

3rd Annual Beat the Heat Knight 5k Run/Walk

Race Information

Beat the Heat Knight 5K Run/Walk is a fundraiser that benefits the Higley High School Girls and Boys Cross Country programs.

Beat the Heat Knight 5K Run/Walk is a Gilbert community event for the whole family whether you are a runner or a spectator. Many local sponsors will be on hand with food, beverage and other merchandise.

Race Packet Pick up

- 5 - 6:30 p.m. on Friday, Aug. 21
Higley High School, inside
football stadium. 4068 E Pecos
Rd., Gilbert AZ

Registration Options

- Online- www.active.com
- Mail or drop off this entry form with a non-refundable entry fee—must be postmarked/dropped off at Higley High School by Aug 17, 2009.
- Race Day Registration at Higley High School, must be registered by 6:30 p.m. (Race day entry fee \$20 and will not be guaranteed a specific shirt size)

Make Checks Payable to HUSD #60

Thank You for your support!

HHS Cross Country

Age group/Awards

Medals will be provided to overall male and female winners. In addition medals will be presented to the top 2 male and female runners in each of the following age categories.

10 & under	11-14	15-18
19-23	24-30	31-40
41-50	51+	

Race Course

Beat The Heat Knight 5K Run/Walk will begin and end at Higley High School in the football field. The flat and fast course will loop around Higley High School and finish on the track in the football stadium.

Safety

- No bicycles, skateboards, inline skates, roller skates, scooters or pets allowed.
- Baby joggers, wagons and strollers are permitted. Note that part of the course is on a dirt path.
- Participants must stay on the designated course. Running on Pecos Rd. is strictly prohibited.

Cancellations/Refunds

Beat The Heat Knight 5K Run/Walk reserves the right to cancel the race in the event of weather that would be dangerous to race participants. In the event the race would need to be cancelled, no refunds will be issued.

**Contact information on back of
brochure.**

Official Entry Form (please complete both sides)

Personal Information **please print**

First Name **Last Name**

Street Address

City **ST** **Zip**

Phone

Email

Gender **Male** **Female**

Date of Birth **Age**

T-shirt Size please circle

YM YL S M L XL

Event fee: **through 8/18** **after 8/18**

5k **\$15** **\$20**

Family Discount available with mail-in registration only. Immediate family members only, need entry form for each person- staple together and send in.

1st entry \$15, up to 6 additional - \$12 each **by 8/17**

1st entry \$20, up to 6 additional – \$16 each **after 8/17**

please complete other side