

Race for the Ribbons

5K Race and Family Fun Walk

April 18, 2015

Race Starts at 8 am



Race day Registration will begin at 6:30 am

Please choose one of the following ribbons:

All proceeds go towards a local non-profit supporting your chosen cause.

- ☐ **Red Ribbon:** Drug Awareness and Prevention through Red Ribbon Week
- ☐ **Orange Ribbon:** Childhood Hunger through Snack in a Pack Program
- ☐ **Patriotic Ribbon:** FLW Veterans Cemetery

Fee: \$25.00 per participant per event. Fee includes a T-shirt, goodie bag and running bib/electronic timing provided by Split-Second Timing
(Please make checks payable to Waynesville Interact Club.)

****Race number and t-shirt can be picked up in the Waynesville Middle School lobby on Friday, April 17, 2015, between 3:00 and 6:00 pm. Late registration is available at this time.**

*****OR SCAN THE QR CODE WITH YOUR PHONE TO REGISTER AND PAY ONLINE WITH YOUR CREDIT OR DEBIT CARD.**

Participant's Name: (Please Print) _____

Choose Event (Please Circle): **5k Race** **Family Fun Walk**

Age: _____ (Please Circle): **Male** **Female**

Address: _____

City, State, ZIP: _____

Phone: _____ E-mail: _____

Shirt Size (Please Circle One): Men's Sizes s m l xl xxl

- ❖ **Registration must be received no later than April 3rd to guarantee T-shirts**
- ❖ Contact: Kelley Howley at 842-2550 or by e-mail khowley@waynesville.k12.mo.us
- ❖ Registration form can be dropped off at Waynesville Middle School office or mailed to:

Waynesville Middle School Interact Club
1001 Historic West 66, Waynesville, MO 65583

Hosted by the Waynesville Interact Club.

Interact is a student service-learning club
sponsored by Rotary International.



Athletes Release Form

By submitting this form with the intent of participating in the 4th Annual Race for the Ribbons, signed or not, I assume all risks and hold harmless the sponsors, officials, volunteers, and all persons associated with the Waynesville Middle School Interact Club from any liability, claims, or causes of action of every kind and nature arising out of or relating to my participation in this event. For the safety of all participants: unregistered participants, bicycles, skateboards, roller skates, roller blades, headphones are discouraged. Pets are not allowed with participants on the course. If you disregard these restrictions, you are assuming liability for any injury incurred to yourself or others during this activity. Drink plenty of fluids prior to the race and replenish your fluids at the hydration station along the run route and after the finish line. I also give permission for the free use of my name and picture in any broadcast, telecast, web-posting, or written account of this event. I further certify that I am properly trained, physically fit, capable of this event, and acknowledge the dangers of participation in this event.

Signature (parent if under 18)

Date