

WAIVER

Must be completed by the parent/legal guardian

I hereby waive any and all rights for myself, my heirs, executors, and administrators to claims for damages I may have against any sponsor, coordinating group, or any individual associated with the schools in Allenstown. This includes representatives and successors. I will hold them harmless for any and all injuries suffered in connection with this event. I also attest that my child is physically fit to compete in the event.

Parent/Legal Guardian Signature

Student Name: _____

Parent/Legal Guardian Printed Name
and Mailing Address

Phone Number:

*Please also complete and sign reverse. **Both sides must be completed to participate.** Students returning this form after June 16th will only be permitted to walk.*

Healthy Benefits of Walking and Running



- ➔ Weight and blood pressure control
- ➔ Bone, muscle and joint health and maintenance
- ➔ Reduction in the risk of diabetes
- ➔ Improved psychological welfare
- ➔ Better academic performance

The Walk/Run Race isn't just fun,
it's good for you too!

Any questions regarding the race should be forwarded to Phyllis Irzyk at pirzyk@sau53.org or call 485-4474, ext. 203



2017 Walk/Run Race

Hosted by Allenstown PTO and the Allenstown Schools

Wednesday, June 21st

Beginning at 9am at
Allenstown Elementary School
30 S. Main Street



