# 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:

This waiver must be signed and turned in by **Friday, May 24<sup>th</sup>** to participate. <u>Absolutely no exceptions</u>.

> Please also complete and sign reverse. Both sides must be completed to participate.

Any questions regarding the race should be forwarded to Sean Fischer at sfischer@sau53.org or call 485-4474

# 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!



# 2019 Walk/Run Race

Hosted by Allenstown PTO and the Allenstown Schools

# Friday, May 31st

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



### BE HEALTHY and RAISE MONEY!



#### 1. GET SPONSORS!

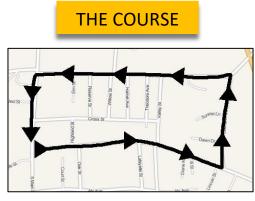
Take your sponsor form everywhere! Send an email, write a letter, use Facebook...or just pick up the phone! Make sure you tell everyone how the Eagles Rock the Block Walk/Run Race provides for your school.

#### 2. COLLECT DONATIONS!

Sponsors can pay cash or make a check payable to <u>Allenstown PTO</u>.

#### 3. PARTICIPATE!

Bring your donations and this sponsor form to school <u>NO LATER THAN MAY 24TH</u>. Each participant will receive a *popsicle* at the end of the race and those raising \$25 or more will receive a special prize. The student who collects the most donations will win a Fitbit Inspire.



The course is mainly flat, with two rolling hills. The 1.3 mile course begins at AES, proceeds up Granite St., then onto Letendre Ave. From there we swing onto School St. and head back to AES via Main St.

Safety features include adult spotters and Allenstown Police. Water is available at the half-way point, as well as at the end.

**Every student** who participates in the race will receive a popsicle at the end.

## RUNNERS START AT 9:00am WALKERS START AT 9:30am

Weather permitting. If it rains, indoor activities will be provided.

## SPONSOR LIST

Stu	dent	Nam	e:

Grade/Teacher: \_\_\_\_\_ I'm a: walker( ) runner( )

# SPONSOR NAME DONATION AMOUNT (\$) Fotal donations received: All donations are due on or before Prizes for Money Raised\*: \$25-\$75: Splash Catchers 🦞

\$76-\$100: Zip Ball \$ \$101 and up: Flag Football Set

#### \* Top Donation Collector WINS a Fitbit Inspire \*

\*One prize per student \*\*Student who raises the most money, through sponsorship, wins a Fitbit Inspire. \*\*\*Prizes may change, based on availability.

Please make checks payable to ALLENSTOWN PTO

Y 24, 2019	
– DUE BY MA	
<b>FION FORM</b> -	
REGISTRA	

permitted to WALK ONLY. PM Kindergarten students wishing to participate can be brought to the school and must be accompanied by a parent/guardian during the walk

Teacher

Grade

Runner

Walker

Circle one:

Female

Male

Circle one:

# Student Name \_

Kinderg

Absolutely no registration form must be signed and turned in by **Friday, May 24<sup>th</sup> to participate**.

Parent/Legal Guardian Signature:

Both sides must be completed to participate

Please also complete and sign reverse.

) No, my child can NOT participate

Yes, my child can participate

Check one: